



GREAT LEADERSHIP BOOK REVIEW

Taming the Dragons of Change: 10 tips for achieving happiness and success when everything around you is changing.

Stieglitz, Dick (2006). New York, NY: PublishAmerica.

Reviewed by Lisa Jackson, Director of Program Marketing, WCCCD

It has often been said that what we fear the most is change. As we become comfortable with our daily routines – what we wear, what we do, even what we eat, stepping outside the realm of our safe cocoons can cause a great deal of stress. As we all know, however, change is a part of life, particularly when it comes to work and relationships. It is imperative for developing leaders to know how to recognize change, acknowledge it and, accept it gracefully.

Taming the Dragons of Change by Dr. Dick Stieglitz offers ideas as to how to accomplish these three actions. In a tone that is more conversational than formal, Stieglitz discusses different types of change, when change occurs, who is likely to be affected by change and how not to be stressed by change. Readers are asked to realize that change is normal and can be a great learning tool in dealing with both sudden and gradual adjustments to careers and personal lives.

Unlike many books of this genre, Dr. Stieglitz book uses real-world examples to underscore his main points and offers practical advice and guidance. His main message is that we must all acknowledge that change is constant; it is to be expected and embraced. Whether we want to admit it or not, without change we can not grow.

For more information about Dr. Stieglitz, go to

www.dragonsofchange.com