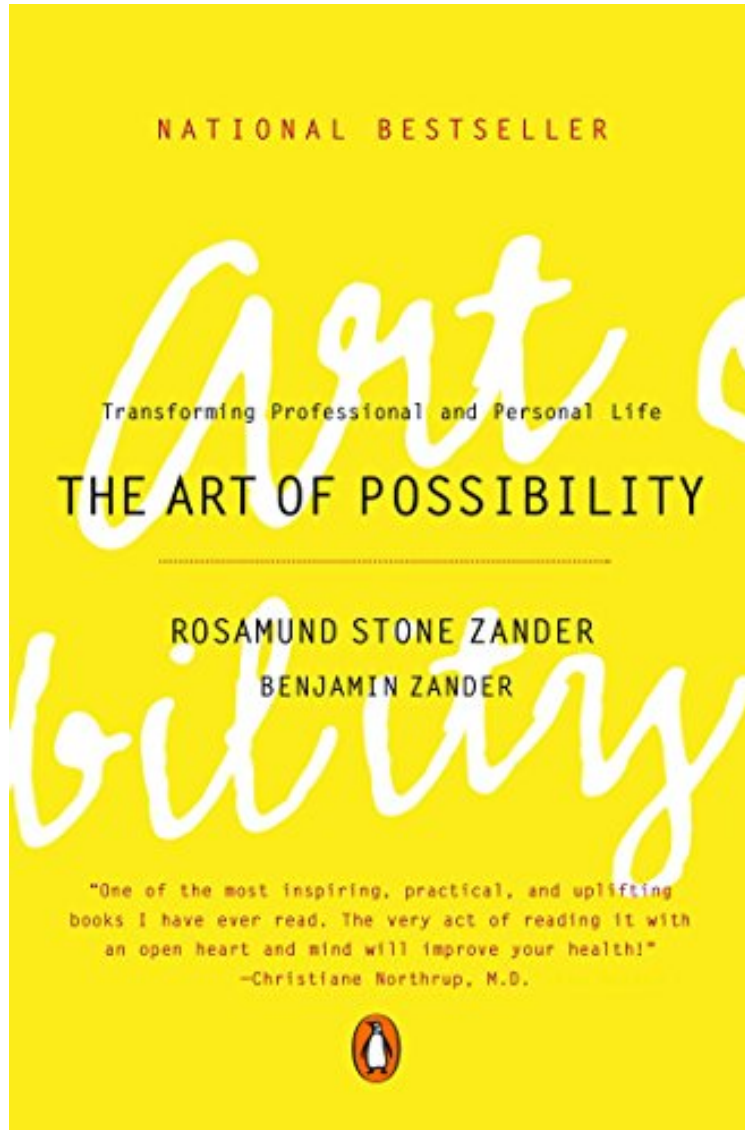


[Ebook free] The Art of Possibility: Transforming Professional and Personal Life

The Art of Possibility: Transforming Professional and Personal Life

Rosamund Stone Zander, Benjamin Zander
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Rosamund Stone Zander, Benjamin Zander : The Art of Possibility: Transforming Professional and Personal Life before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Art of Possibility: Transforming Professional and Personal Life:

3 of 3 people found the following review helpful. Reading the book led me to challenge some of my limiting beliefs. By Tim Larison "Draw a different frame around the same set of circumstances and new pathways come into view," say authors Rosamund Stone Zander and Benjamin Zander in their book The Art of Possibility: Transforming Professional and Personal Life. This brought to mind one of my favorite quotes by the late Wayne Dyer, "If you

change the way you look at things, the things you look at change." I like this philosophy, and I wanted to read more. The Art of Possibility is full of examples to emphasize that life works better when you have a positive mental outlook. The authors tell a story of two shoe factory salesmen exploring new markets in Africa. After assessing the situation, both send telegrams: SITUATION HOPELESS. STOP. NO ONE WEARS SHOES. GLORIOUS BUSINESS OPPORTUNITY. STOP. THEY HAVE NO SHOES. "The one who sees no shoes, all the evidence points to hopelessness. To his colleague, the same conditions point to abundance and possibility," say the Zanders. Through easy to understand examples like this the authors drive home their point. I also liked the stories the Zanders share from their professions. Benjamin Zander is the conductor of the Boston Philharmonic Orchestra. Rosamund Stone Zander (nickname of "Roz" in the book) has a private practice in family therapy. The Art of Possibility is more than just pie in the sky optimism. The Zanders recommend a realistic approach to negative thoughts and feelings. Their approach "doesn't mean you should drown out your negative feelings or pretend you like what you really can't stand. It doesn't mean you should work to achieve some 'higher plane of existence' so you can 'transcend negativity'," they feel. "It simply means, being present without resistance: being present to what is happening and present to your reactions, no matter how intense. The capacity to be present to everything that is happening, without resistance, creates possibility." Reading the book led me to challenge some of my limiting beliefs. "We can replace the narratives that hold us back by inventing wiser stories, free from childish fears, and in doing so, disperse long-held psychological stumbling blocks," say the Zanders. Perhaps our interpretations of the events in our lives do not match reality. "We see a map of the world, not the world itself," the authors feel. 1 of 1 people found the following review helpful. Great vantage point! By JanneZack This is a pretty good book, though possibly not as meaningful as some others I've read in the same genre have been for me (self help; self improvement; better life tactics). But, as a musician the analogies were fabulous! Written by a conductor, there were countless stories that were applicable to me, a part-time musician. I'm getting some great ideas and this book reinforces lessons taught in other books. I think the more you read, and as things are said in a different way by different authors, the better the chance you will actually make the changes! It is well worth the read. 6 of 6 people found the following review helpful. Only OK By Elizabeth Hofeldt The "practices" in this book are great and can be applied to so many aspects of your life. I read this book as part of a course on Leadership and really enjoyed the discussions we had as a class on the different ways we interpreted and have applied the practices to our own lives. However, actually reading the book was difficult. I think it was just a personal preference, but I had a very hard time relating to either author. The husband is a music conductor (I'm not musical, and everything he wrote about related to that) and the wife seemed to have lived a very privileged life. If you are a musical person (especially classical) you will love the examples and stories that the husband has to tell.

A NATIONAL BESTSELLER Rosamund Stone Zander's new book, *Pathways to Possibility*, is now available from Viking. Presenting twelve breakthrough practices for bringing creativity into all human endeavors, *The Art of Possibility* is the dynamic product of an extraordinary partnership. The Art of Possibility combines Benjamin Zander's experience as conductor of the Boston Philharmonic and his talent as a teacher and communicator with psychotherapist Rosamund Stone Zander's genius for designing innovative paradigms for personal and professional fulfillment. The authors' harmoniously interwoven perspectives provide a deep sense of the powerful role that the notion of possibility can play in every aspect of life. Through uplifting stories, parables, and personal anecdotes, the Zanders invite us to become passionate communicators, leaders, and performers whose lives radiate possibility into the world. From the Trade Paperback edition.

.com The lure of this book's promise starts with the assumption in its title. Possibility--that big, all-encompassing, wide-open-door concept--is an art? Well, who doesn't want to be a skilled artist, whether in the director's chair, the boardroom, on the factory floor, or even just in dealing with life's everyday situations? Becoming an artist, however, requires discipline, and what the authors of *The Art of Possibility* offer is a set of practices designed to "initiate a new approach to current conditions, based on uncommon assumptions about the nature of the world." If that sounds a little too airy-fairy for you, don't be put off; this is no mere self-improvement book, with a wimpy mandate to transform its readers into "nicer" people. Instead, it's a collection of illustrations and advice that suggests a way to change your entire outlook on life and, in the process, open up a new realm of possibility. Consider, for example, the practice of "Giving an A," whether to yourself or to others. Not intended as a way to measure someone's performance against standards, this practice instead recognizes that "the player who looks least engaged may be the most committed member of the group," and speaks to their passion rather than their cynicism. It creates possibility in an interaction and does away with power disparities to unite a team in its efforts. Or consider "Being the Board," where instead of defining yourself as a playing piece, or even as the strategist, you see yourself as the framework for the entire game. In this scenario, assigning blame or gaining control becomes futile, while seeking to become an instrument for effective partnerships becomes possible. Packed with such examples of personal and professional interactions, the book presents complex ideas on perception and recognition in a readable, useable style. The authors' combined, eclectic experience in music and painting (as well as family therapy and executive workshops) infuses their examples with vibrant color

and sound. The relevance to corporate situations and relationships is well developed, and they don't rely on dry case studies to do it. Indeed, this book assumes the emotional intelligence and desire to engage of its reader, promising access to the rewards of that door-opening notion--possibility--in return. --S. KetchumFrom Publishers WeeklyIn a lively, sensible manual for turning life's obstacles into possibilities, the Zanders introduce various "tools" for transformation, drawing on their extensive experiences with musicians, students and patients in therapy (Rosamund is a psychotherapist and painter; Benjamin is the conductor of the Boston Philharmonic). In a chapter entitled "Giving an A," for example, Benjamin relates a classroom technique that allows students to envision their own futures: all students in his class receive an A if they write him a postdated letter relating "the story of what will have happened to you by next May that is in line with this extraordinary grade." Other chapters emphasize practices such as thinking in terms of making a personal "contribution" rather than stark "success or failure"; "lightening up" in order to see a problem from a new perspective (e.g., a patient of Rosamund's was able to have a sensual experience with her husband even though she was angry at him); and reassessing "frameworks for possibility" (e.g., a teacher shaved her head in order to "reframe the meaning" of a hairless class member who had leukemia). The authors' emphasis on "practice," the importance of "flow" and the joy in creation and expression is apt and often truly inspiring. Although not groundbreaking, the Zanders' suggestions constitute sound, practical advice that has much in common with Zen concepts of holism, balance and grace. Copyright 2000 Reed Business Information, Inc.From BooklistRosamund Stone Zander is a family therapist and Benjamin Zander is the conductor for the Boston Philharmonic Orchestra, whom Morley Safer called "the energizer bunny of classical music" when 60 Minutes profiled him. So what are this former husband and wife doing writing a book for the Harvard Business School? Actually, Benjamin is a popular draw on the motivational seminar circuit. In his talks, he uses music and conducting as symbols for creativity and leadership, and he frequently ends a presentation with a rousing group-sing of "Ode to Joy." Instead of issuing well-worn nostrums such as "think outside the box," the pair warns that "incremental changes that lead to new ways of doing things based on old beliefs" will not result in transformation. The change they prescribe requires nothing less than a "total shift of posture, perceptions, beliefs, and thought processes." They use the arts, their own multifaceted experiences, and their boundless energy to show just how renewal can take place. David RouseCopyright copy; American Library Association. All rights reserved