

## **Liberating Energy – Strengths based approaches to personal and organizational growth**

Recommended reading....

### **Books:**

David L. Cooperrider, Diana Whitney, Jacqueline M. Stavros, 2003, "Appreciative Inquiry Handbook", Pub. Lakeshore Communications Inc., ISBN 1-89343517-2

Jane Magruder-Watkins, Bernard J. Mohr, 2001, "Appreciative Inquiry", Pub. Jossey-Bass, ISBN 0-7879-5179-X

Alan Carr, 2004, "Positive Psychology", Pub. Brumer-Routledge

Diana Whitney, Amanda Trosten-Bloom, 2003, "The Power of Appreciative Inquiry", Pub. Berrett-Koehler

Peggy Holman, Tom Devane, 1999, "The Change Handbook", Pub. Berrett-Koehler

Marcus Buckingham, Donald O. Clifton, 2001, "Now, Discover Your Strengths", Pub The Free Press, ISBN 0-7432-0114-0

J.D. Ludema, D. Whitney, B.J. Mohr, T.J. Griffin, 2003, "The Appreciative Inquiry Summit", Pub. Berrett-Koehler, ISBN 1-57675-248-8

D.L. Cooperrider, D. Whitney, 1999, "Appreciative Inquiry – Collaborating for Change", Berrett-Koehler, ISBN 1-58376-044-X

Sue Annis-Hammond, 1996, "Thin Book of Appreciative Inquiry", Pub. The Thin Book Company, ISBN 0-9665373-1-9

### **Articles**

Barbara Fredrickson, "The Value of Positive Emotions", American Scientist, Vol 91, July-Aug 2003

Gervase R. Bushe, "Five Theories of Change Embedded in AI",  
<http://www.gervasebushe.ca/ai5.htm>

Gervase R. Bushe, "Advances in Appreciative Inquiry as an Organizational Development Intervention",  
<http://www.gervasebushe.ca/aiodj.htm>

William E. Utesch, "From a Glass Half-Empty to a Glass Half-Full: A Review of the Transition from Deficit to Strength Based Approaches"

J.D. Ludema, "From Deficit Discourse to Vocabularies of Hope: the Power of Appreciation",  
<http://www.stipes.com/aichap29.htm>

Heike Bruch, Sumantra Ghoshal, "Unleashing Organizational Energy", MIT Sloan Management Review, Fall 2003, Vol 45, No.1

Richard Tanner-Pascale, Jerry Sternin, "Your Company's Secret Change Agents", HBR May 2005