



**Swim, Jump, Fly:
A Guide to Changing Your Life**

Sheridan, C. (2022)

Charlotte Housden Consulting Limited

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from www.swimjumpfly.com or www.amazon.co.uk

Swim, Jump, Fly is a self-help book for individuals to support behaviour change. Psychologists could also utilise it as a resource to accompany behaviour change interventions with clients, especially in the exercise/physical activity space. The author has a wealth of knowledge and applied experience as a change management consultant, organisational psychologist, and coaching psychologist. The book is intended to have the feel of a coaching relationship - a collaboration between the reader (an expert on themselves) and the author (offering ideas, frameworks, and companionship). Psychological theory is supported by lived experience, through the behaviour change stories of 108 people in 27 different countries. The book introduces a 5-step behaviour change process, building on familiar ideas such as the PRACTICE model (Palmer, 2007) and the Transtheoretical Model of Change. The 5-step process deals with content such as meaning and purpose, mental skill training techniques, and social support. Practical exercises are suggested throughout (such as Letter from the Future), gently encouraging the reader to engage in action steps, helping them move toward their behaviour change goal. The language used lends itself to the layperson rather than the academic and I enjoyed the light-hearted illustrations which support the writing in an appealing manner.

DR RICHARD SILLE, ISLE OF MAN SPORT

Rating 8/10