

The Trousers of Reality - Volume one: Working Life

Author: Barry Evans

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The Trousers of Reality: Working life is the first of a series of books that demonstrates that some amazing techniques and thought tools used in industry can be liberated, demystified and used to help us achieve our personal and professional outcomes. It is about principles, tools and strategies that can be used to help everybody to determine what they really want and how to achieve it.

The approaches that really work are effective in the workplace and outside it; which gives the book relevance to everybody who wants to read it. There are approaches to thinking that are used in industry that can easily be used by anyone. These are explained and illustrated.

New concepts such as Nexus Based Thinking and The Fulcrum of Balance are introduced. These sit alongside modern workplace concepts such as Agile and Neuro Linguistic Programming as well as more traditional wisdom.

What the book does is to remind us that the links that exist between our personal and work lives are stronger and more consequence laden than we might imagine. This can be an advantage or a problem depending on how we approach it.

Most of the pressure that we are put under in today's workplace and in life is completely unnecessary. It serves only to generate lowered self esteem, isolation and a chronic sense of panic. The book's mission is to appeal to people and to remind and reassure them of what they already know but have been fooled into doubting. It asks them to rise above the fog of detail and see the opportunities for happiness that exist for us all.

The eponymous Trousers of Reality is a metaphor for decision making based on a road trip where the authors brother went down the wrong leg of the trousers on a map and got totally lost.

It is a book that can be read on several different levels using its own lessons to balance each group of readers as a metaphor for the other. To this end the book also talks to industry leaders and advises them to examine and integrate successful approaches from other disciplines to create amazing results.

It describes how scientists and artists throughout the ages have tested and built on each others work. It makes the fundamental point that we must be able to distinguish between fact and belief if we are to be truly effective.

The book's message is that as long as people continue to seek "silver bullet" solutions to their problems there will be those who sell them "silver bullets". Since there are no werewolves "silver bullets" tend to be expensive solutions to imaginary problems.

As Dr Wyatt Woodsmall says in the foreword:

"This book is based on a set of meta principles that apply to special disciplines but, even more important; apply to all of our daily lives. Wisdom does not consist of a set of detailed instructions and procedures for life but, instead, of a collection of general principles that provide guidance in all situations and contexts. This is what makes this book so powerful and relevant. It speaks to each of us where we are and provides principles that allow us to orient ourselves and to make wise choices on our daily paths."

Barry Evans is a business coach and author originally from Ireland but now he works in the UK and splits his time between there and France.

Along with being a software engineer, a professional manager and an IT coach he is qualified as an NLP trainer with INLPTA, he is a member of the British Computer Society, a chartered Engineer and a Chartered IT Professional.