

11-2021

Content! Simpele Oplossingen Voor Een Leven Vol (Content! Simple Solutions for a Happy Life) -Written by Els Debouttee and Rilla Lysens

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Recommended Citation

Spinnewyn, Elke (2021) "Content! Simpele Oplossingen Voor Een Leven Vol (Content! Simple Solutions for a Happy Life) -Written by Els Debouttee and Rilla Lysens," *Journal of Solution Focused Practices*: Vol. 5: Iss. 2, Article 12.

Available at: <https://digitalscholarship.unlv.edu/journalsfp/vol5/iss2/12>

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BOOK REVIEW**Content! Simpele Oplossingen Voor Een Leven Vol (Content! Simple Solutions for a Happy Life)**

Els Deboutte and Rilla Lysens

Borgerhoff & Lamberigts, 2021, 230 pages, ISBN 978-9463935135, €24.95 paperback, in Dutch

Review by Elke Spinnewyn

Organizational, Business and Agile Coach

Although we live in the same country, I have not met Els & Rilla in person yet. What I do know is that their names pop up very quickly when you search for solution-focused coaching in Belgium.

It was therefore a great honor for me to be one of the first readers of the new book *Content, Simple Solutions for a Happy Life*. “Content” is a Dutch word, which is difficult to translate in English, but I think “Happy, Feeling Good” does say what it means. Unwrapping the book was already a little party. The colorful cover immediately attracted my attention and invited me to dive into the book.

What struck me as I read the book was that Els and Rilla are not ladies who like long and boring talks. They go straight to the point. And this is exactly what fits in with the principles of solution-focused work.

As a reader you are only a few pages into the book when you are immediately invited to reflect on several aspects of your life by use of the scaling question. The book is not only a reading book but also a real workbook. There is no escape from really getting to work.

The common thread throughout the book is that Els and Rilla teach you to really take control of your life. To live a life you can be really 'content' with. They do this by using numerous examples from their own practice. I love reading about the concrete cases. You can really see how to apply the insights they provide in real-life situations - situations in which we can all recognize ourselves. No theory that makes you wonder how it can ever work in practice. Els and Rilla immediately show how a certain principle can be applied, what works and they are also very honest about what does not work. I am surprised at how much experience both women have built up in the field of solution-focused work!

The solution-focused principles are interwoven throughout the book. Sometimes they are mentioned in concrete terms, sometimes not. For the average reader this is not necessary; it is about the questions the reader asks him- or herself. The reflections the reader makes about his or her own life.

The book is particularly suitable for people who want to take the next step in their lives. The book gives readers concrete handles and invites them to get started right away. Each chapter consists of a piece of theory built around the principles of solution-focused work, combined with practical cases and exercises you can apply immediately. It almost feels as if I am sitting in Rilla and Els' coach's chair!

The book reads very smoothly. In addition, the book is nice to browse back to a certain chapter or a certain insight. You don't have to read the book from front to back in one go, you can start with that part you need at that moment.

I definitely recommend the book to readers who:

- Want to work on more happiness in their lives
- Are willing to do the exercises in order to take concrete steps
- Are curious to experience the power of Solution Focused

The reviewer

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