

Maybe It's Me: Looking Inward to Create Real Change Through Conscious Choices

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Countering self-sabotaging beliefs that act as barriers to personal effectiveness, Maybe It's Me is an illuminating leadership guide.

Introducing a systematic, practice-centered framework for self-improvement, Erika Alessandrini's focused leadership guide *Maybe It's Me* examines personal accountability through conscious decision-making in professional and relational contexts.

Organized to recognize five self-sabotaging beliefs that act as barriers to personal effectiveness, the book illustrates each belief through workplace and relationship-based scenarios. These reflect familiar leadership challenges, including conflict management, overextension, defensiveness, and performance pressure. These scenarios are followed by reflective prompts toward behavioral recalibration, guiding the examination of personal habitual responses and underlying assumptions. The chapters culminate in seven conscious questions that function as decision tools, framing dissatisfaction and stalled progress as outcomes that are shaped by internal narratives and reactive patterns.

The book's concepts are introduced in direct terms and are reinforced through recurring applications across situations involving overcontrol, burnout, defensiveness, and achievement-oriented identity. The scenario-based approach keeps the focus on recognizable leadership dynamics and interpersonal friction, grounding abstract ideas in observable behaviors.

The book's exercises center guided reflections, intention setting, and behavioral awareness through journaling prompts, emotional self-inventories, and the reassessment of default interpersonal patterns. These components are embedded within the book's chapter structures, positioning reflection as an ongoing practice. The seven conscious questions serve as the book's organizing backbone; they are returned to throughout as prompts for identifying reactive thinking and re-centering choices in stated values. Their repeat appearance reinforces the book's usability across professional and relational settings.

Workplace hierarchies, performance expectations, and interpersonal accountability are also recurrent themes, fleshing out environments where control, responsibility, and self-concept intersect. By returning, in a consistent manner, to clear professional scenarios, the book does an able job of framing personal change as inseparable from organizational behavior, positioning internal belief patterns as influences on both individual decision-making and collective dynamics.

The prose is declarative and motivational, making claims with confidence and emphasizing accountability and action. References to neuroscience and psychology support the book's application-focused discussions well. Taken as a whole, the book's centering of consistency over cumulative complexity is also convincing. Its principles operate as reinforcing lenses for interpreting familiar emotional and relational patterns, supporting sustained use across professional environments with limited expansion of its conceptual model.

Introducing a methodical framework for reflective practice, *Maybe It's Me* is a persuasive leadership guide that encourages fostering accountability and conscious choices.

KATHERINE CRUCILLA (March 30, 2026)

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