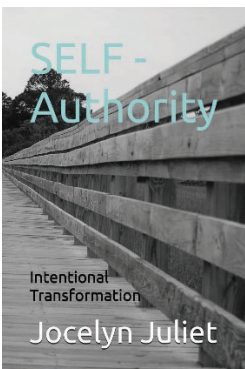


BOOK REVIEW



Self-Authority: Intentional Transformation

Author: Jocelyn Juliet

With our world in a state of instability, with opposing ideological stances and continuing socio-economic issues that have individuals and groups in often war-like struggles, change has to come about within collaborative action by law enforcement and community members. Toward such an end, intentional transformation has to happen at the individual level as much as the system levels. If the transformation sought is the restoration of a more peaceful and lawful society, then each of us must be intentionally engaged and contribute to that goal within examined and understood self-authority. The stated purpose of this book, *Self-Authority: Intentional Transformation* by Jocelyn Juliet, a former banking director and law enforcement professional, is to bring transformational leadership strategies and tactics to our nation's law enforcement personnel and the community they serve.

Juliet does not simply present us with the mere concept of such self-authority by means of intentional transformation; she thoughtfully lays out the strategies and tactics we ought to apply, grounded in mindfulness and soul knowing concepts. The book moves the reader through a series of cognitive and metacognitive exercises, designed to go on a discovery journey. Guided contemplation on our perception of *reality*, *reflect*, and *relate*, are the first three of ten R's in the first third of the book. From there, we move to *restore*, *reset*, *resilience*, and *reconnect*, as we ponder the pre-and post-exercise questions that direct us in this second third. Having deeply contemplated our paradigmatic assumptions about self and the world around us, the final set of exercises is designed to show us the path to *reconnect*, *reinvent*, and *reroute*, now ready *receive* ourselves. These exercises are not merely handy activities in a book designed for jotting down our insights based on question prompts for critical reflection about our thinking and emotions. The author offers us rich vignettes and personal narrative, which provides a scaffold that supports the readers in navigating their introspective journey.

While upholding this kind of transformational leadership concept directly to law-enforcement personnel, Juliet makes clear that collaboration for making change in our communities can be achieved. Juliet has given us not only an accessible read on the difficult and age-old issue of self-

knowledge. The thoughtful exercises she designed aim to ready our mind and soul for embracing an openness toward others and their realities and experiences. Moreover, she furthered this commendable goal with straightforward encouragement and heartfelt testament about the power of believing in the goodness in life. In the aforementioned state of flux of our world with its harmful polarizations among people and peoples, this effort by Juliet brings forth a deepened understanding of self-authority, which is essential to transformation and change. With that, Juliet has given us a roadmap while strengthening our capacity to achieve the very goal of this book's purpose: to uncover our self-authority leading to self-respect and for respect for and from those around us.

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The book is available in print and kindle versions:

<https://www.amazon.com/Self-Intentional-Transformation-Jocelyn-Juliet/dp/B0DZJM54JY>
(2025 ISBN: 9798322377225)