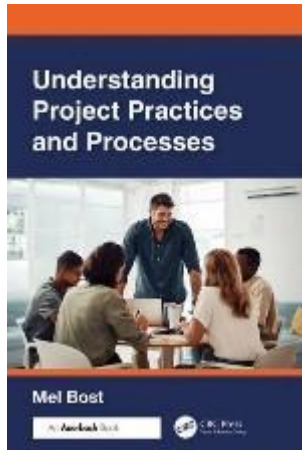


## PM WORLD BOOK REVIEW <sup>1</sup>



Book Title: ***Understanding Project Practices and Processes***

Author: **Mel Bost**

Publisher: CRC Press

List Price: \$45.99      Format: Soft cover, 232 pages

Publication Date: 2025      ISBN: 9781032973579

Reviewer: **Anju Saksena, PMP**

Review Date: June 2025

### Introduction

Mel Bost's *Understand Project Practices and Processes* describes in a thoughtful, and approachable way, the evolution and current state of the PMO as a best practice organizational structure. This book is a compilation of the author's real life experiences, and the author takes the project community on a journey spanning 50 years, across continents and countries that include the UK, Panama, UAE and the USA and deep into the fields of EPMO, Program Management and Project Management with companies such as ARCO (Atlantic Richfield Company), UNOCAL, ConocoPhillips, Exterran Corporation and others.

The book provides the reader with the author's insights into Enterprise PMO formation and related processes. In its opening chapters the author quickly acquaints the reader with why large businesses have determined that an EPMO is required as a strategic organization capability to give business an edge and be competitive in the market.

### Overview of Book's Structure

The book is written in 12 chapters with sections for a Preface, About the Author, Author Acknowledgements and an Index.

Following are the Table of Contents on page ix:

Preface  
About the Author

---

<sup>1</sup> How to cite this work: Saksena, A. (2025). *Understanding Project Practices and Processes*, book review, *PM World Journal*, Vol. XIV, Issue VIII, August.

## Acknowledgements

Introduction is pages 1-4

Chapter 2 PMO Formation, Structure, and Methodology pages 5-22

Chapter 3 Project Leadership pages 23-75

Chapter 4 PMO and Project Performance pages 76-128

Chapter 5 Project Lessons Learned pages 129-150

Chapter 6 Project Communication pages 151-160

Chapter 7 Project Risk Management pages 161-170

Chapter 8 Project Business Requirements pages 171-176

Chapter 9 Resilience in Project Organizations pages 177-185

Chapter 10 Knowledge Management pages 186-192

Chapter 11 Project Best Practices and Benchmarking pages 193-202

Chapter 12 Project Change Management pages 203-208

Indexes Page 209

## Highlights

The book is a practical guide for project managers and professionals seeking to refine their approach to project execution. With a wealth of experience in project management, the author takes the reader on a journey with this book that is both insightful and accessible, making it a valuable resource for project management professionals at any stage of their career

The book provides the author's insights into the needed attributes and responsibilities of project managers for successful project delivery along with team development and performance. Strong emphasis is given to learning in story like format for the readers easy digestion and remembrance.

The book will reconnect the reader with technical and soft skills for project leadership such as "Value driven delivery", "Lead by example", "Project Delivery success measurements", and "Technology is key to success". In a world that has changed rapidly in the last few decades, the author's writing provides insights into prior cultures and current trends and the Project manager as a linchpin in the ever evolving organization.

In practical ways, the author shows how anyone can be doing project management (scope, schedule, cost, quality, process) in their daily life, and therefore the non-exclusivity of the project management field. In one of the essays, the author takes an experience related to gardening and describes how the concepts of requirements management, scheduling, resources, scope, risk management applied to the home garden can be applied to a project at work.

## Highlights: What I liked!

The book makes for practical and yet easy reading through narratives, stories and the author's personal experiences. Since it is a compilation over the span of 50 years, it

provides insight into the evolution of PMO practices that are current today. The author has taken technical project management concepts and related them in a way that is relatable for readers. He also describes the softer skills, the human side of many of the concepts so that readers feel a reconnection with the very real aspects of successful project delivery.

The book excels in breaking down complex project management concepts into smaller sections, focusing on the importance of learning from past projects to improve future outcomes. Bost emphasizes the role of reflective practices, such as lessons learned and post-project reviews, as critical tools for continuous improvement. His writing is clear and methodical, offering actionable advice that readers can immediately apply to their own projects.

### **Who might benefit from the Book**

In summary, *Understand Project Practices and Processes* is a good read for anyone looking to understand project management and enhance their project management skills. Mel Bost's expertise shines through, offering readers a roadmap to more effective and efficient project execution. Whether you're managing small initiatives or large-scale programs, this book will leave you better equipped to navigate the complexities of modern project management.

This book is rich in content and a good read for both seasoned Project managers, and also those new to the field or transitioning from non-project managers. If you are new to project management and curious to know more about EPMO or how to start a PMO, this book will provide insights with real-world experience from an experienced Project manager.

### **Conclusion**

Project Managers are the linchpins, the glue that projects come together around. They hold the understanding and the key to project success and healthy teams. If you are looking to understand the project management experience, this book is for you. If you want to understand EPMO - what it is, how to start it, why it's needed, then also this book is for you.

Through interesting parables, the author takes us through the important project management concepts such as Project Leadership, scope management, scheduling, risk management and communications, and their real-world application for successful project execution and delivery.

What sets this book apart is the author's real-world experiences and the book balances between theory and real-world application. Bost integrates case studies and examples that illustrate how effective project practices can lead to tangible results. He also addresses common challenges, such as stakeholder alignment and process inefficiencies, providing practical strategies to overcome them.

---

For more about this book, go to:

<https://www.taylorfrancis.com/books/mono/10.1201/9781003593645/understanding-project-practices-processes-mel-bost>

---

## About the Reviewer



**Anju Saksena**

Texas, USA



**Anju Saksena** is a certified PMP, ACP, Scrum Master and holds certifications from Scaled Agile, an M.S. in Computer Science from Montclair State University and B.A. Computer Science from New York University. She is also certified in Project and Program Management from UCSC-ext in Silicon Valley.

Her experience includes successful project planning, execution and delivery in the areas of Finance, Telecom, Internet of Things, Asset Management and Operations. She has been working with IT and Project Management for over 20 years. She has been actively involved with PMI and PMI Silicon Valley Chapter where she worked up through the volunteer ranks to VP-Operations. She currently is an active volunteer with PMI Dallas Chapter.

She can be contacted via LinkedIn at: [www.linkedin.com/in/anju-saksena](https://www.linkedin.com/in/anju-saksena)

---

*Editor's note: This book review was the result of a partnership between the PM World Journal and the [PMI Dallas Chapter](#). Authors and publishers provide the books to the PM World Journal's managing editor; books are delivered to the PMI Dallas Chapter, where they are offered free to PMI members to review; book reviews are published in the PM World Journal and PM World Library. PMI Dallas Chapter members can keep the books as well as claim PDUs for PMP recertification when their reviews are published.*

*If you have read a good PM-related book recently and would like to publish a book review, or if you are an author or publisher of a project management-related book, and would like the book reviewed through this program, please contact [Editor@pmworldjournal.com](mailto:Editor@pmworldjournal.com).*