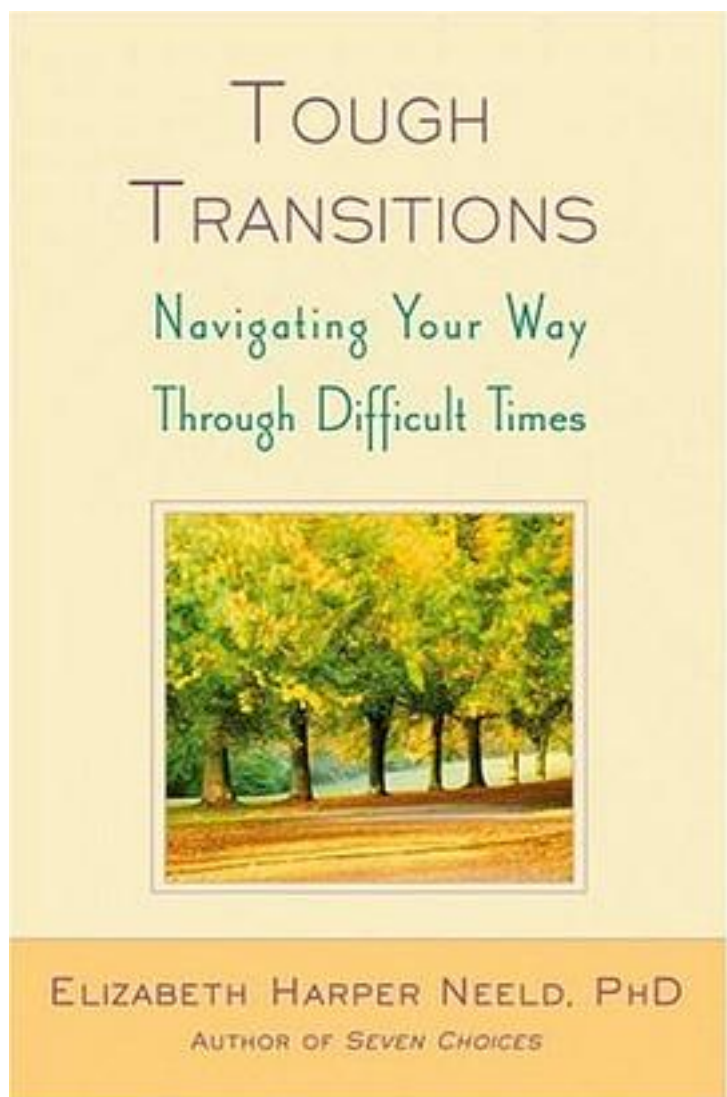


Tough Transitions



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Life is constantly handing us opportunities, challenges and changes-a new baby, retirement, a new job, relocation to a new community. No matter whether these changes are for the good or the bad, facing the unknown can be scary and this handy book helps to demystify and illuminate the road before you, offering comfort and inspiration to help you navigate the tough transitions in life. Using a life-map created exclusively for this book that, at a glance, shows the unfamiliar territory ahead, Dr. Neeld guides us through the four Rs, the nuances of every transition: Responding, Reviewing, Reorganizing and Renewing. Then, blending the latest scientific research, real-life stories and the wisdom of many traditions, she reveals what experiences you're likely to encounter and what positive actions you can take to move forward. Discover: the issues that need to be dealt with in different kinds of change; how your body, mind, and emotions are affected by transition new thinking and behaviours that can transform your life the difference between surviving and thriving-and the secrets that will make you a thriver.

作者介绍:

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