

Transitions Making Sense Of Lifes Changes Revised 25th Anniversary Edition

This volume provides a unique and valuable contribution to our understanding of the impact of stressful life events and mass trauma on the person, the culture and society in the course of the life span. It provides a comprehensive look at our psychological state of affairs at the beginning of the twenty-first century. There are several volumes that address some or most of these areas individually but this volume is unique in that it has brought together theoreticians, researchers and clinicians who address critical challenges in our lives. But we are now several months into the global financial crisis requiring a transition, not only for the western world but for the third world. How on earth do families in trauma zones – from Sri Lanka to Afghanistan, New Orleans to Gaza – cope with similar declining older relatives, with added traumas and zero medical resources attempt to survive? In news reports, politicians and financiers denying the inevitable and struggling for solutions that cannot be relevant to the new reality that they have yet to discover.

What is reality and how do we make sense of it in everyday life? Why do some realities seem more real than others, and what of seemingly contradictory and multiple realities? This book considers reality as we represent, perceive and experience it. It suggests that the realities we take as 'real' are the result of real-time, situated practices that draw on and draw together many things - technologies and objects, people, gestures, meanings and media. Examining these practices illuminates reality (or rather our sense of it) as always 'virtually real', that is simplified and artfully produced. This examination also shows us how the sense of reality that we make is nonetheless real in its consequences. Making Sense of Reality offers students and educators a guide to analysing social life. It develops a performance-based perspective ('doing things with') that highlights the ever-revised dimension of realities and links this perspective to a focus on object-relations and an ecological model of culture-in-action.

Navigating Life Transitions for Meaning explores the central human motivation of meaning making, and its counterpart, meaning disruption. The book describes different types of specific transitions, details how specific transitions affect an individual differently, and provides appropriate clinical approaches. The book examines the effects of life transitions on the component parts of meaning in life, including making sense (coherence), driving life goals (purpose), significance (mattering), and continuity. The book covers a range of transitions, including developmental (e.g., adolescence to adulthood), personal (e.g., illness onset, becoming a parent, and bereavement), and career (e.g., military deployment, downshifting, and retiring). Life transitions are experienced by all persons, and the influence of those transitions are tremendous. It is essential for clinicians to understand how transitions can disrupt life and how to help clients successfully navigate these changes. Covers cultural transitions, such as immigration and religious conversion Examines health transitions, such as cancer survivorship and acquired disability Uses a positive psychology framework to understand transitions Includes bulleted 'take-away' summaries of key points in each chapter Provides clinical applications of theory to practice

What makes the modern world work? The answer to this deceptively simple question lies in four "grand transitions" of civilization--in populations, agriculture, energy, and economics--which have transformed the way we live. Societies that have undergone all four transitions emerge into an era of radically different population dynamics, food surpluses (and waste), abundant energy use, and expanding economic opportunities. Simultaneously, in other parts of the world, hundreds of millions remain largely untouched by these developments. Through erudite storytelling, Vaclav Smil investigates the fascinating and complex interactions of these transitions. He argues that the moral imperative to share modernity's benefits has become more acute with increasing economic inequality, but addressing this imbalance would make it exceedingly difficult to implement the changes necessary for the long-term preservation of the environment. Thus, managing the fifth transition--environmental changes from natural-resource depletion, biodiversity loss, and global warming--will determine the success or eventual failure of the grand transitions that have made the world we live in today.

The business world is constantly transforming. When restructures, mergers, bankruptcies, and layoffs hit the workplace, employees and managers naturally find the resulting situational shifts to be challenging. But the psychological transitions that accompany them are even more stressful. Organizational transitions affect people; it is always people, rather than a company, who have to embrace a new situation and carry out the corresponding change. As veteran business consultant William Bridges explains, transition is successful when employees have a purpose, a plan, and a part to play. This indispensable guide is now updated to reflect the challenges of today's ever-changing, always-on, and globally connected workplaces. Directed at managers on all rungs of the corporate ladder, this expanded edition of the classic bestseller provides practical, step-by-step strategies for minimizing disruptions and navigating uncertain times.

"In today's new business environment, workers must begin to think of themselves as independent contractors, not lifetime employees"

William Bridges' lifelong work has been devoted to a deep understanding of transitions and to helping others through them. When his own wife of thirty-five years died of cancer, however, he was thrown head-first into the kind of painful and confusing abyss he had known before only in theory. An honest account of being in transition, this uncommonly wise and moving book is a richly textured map of the personal, professional, and emotional transformations that grow out of tragedy and crisis. Demonstrating how disillusionment, sorrow, or confusion can blossom into a time of incredible creativity and contentment, Bridges highlights the profound significance and value of endings in our lives.

Transitions Making Sense Of Life's Changes Da Capo Lifelong Books

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new

advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review) "The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

Whether chosen and celebrated--like going off to college or welcoming your first baby--or unexpected and anxiety-inducing--like losing a job or grappling with a broken trust--all change brings stress. Kristen Strong knows about change--especially the kind you didn't choose or expect. What she's fought hard to learn over the years is that change is not something to be feared but something to be received as a blessing from a God who, more often than not, works through change, not in spite of it. Strong has learned to see change not as a grievance but as a grace. In this hope-filled book, she shows women how when we follow God's will, we receive blessings of contentment, purpose, and renewed strength. She encourages women to see change not as the end of their story but as the scenery for this part of life's journey. And she offers practical advice for coping with change in every part of life. Anyone who has struggled to adjust to life's transitions will welcome this warm and personal perspective.

Overwhelmed presents a step-by-step approach to turning overwhelming transitions into challenging experiences. By systemically sizing up transitions and one's resources for dealing with them, people can learn how to build on their strengths, cut their losses, and even grow in the process.

This is how a family keeps a secret...and how that secret ends up keeping them. This is how a family lives happily ever after...until happily ever after becomes complicated. This is how children change...and then change the world. When Rosie and Penn and their four boys welcome the newest member of their family, no one is surprised it's another baby boy. At least their large, loving, chaotic family knows what to expect. But Claude is not like his brothers. One day he puts on a dress and refuses to take it off. He wants to bring a purse to kindergarten. He wants hair long enough to sit on. When he grows up, Claude says, he wants to be a girl. Rosie and Penn aren't panicked at first. Kids go through phases, after all, and make-believe is fun. But soon the entire family is keeping Claude's secret. Until one day it explodes. Laurie Frankel's This Is How It Always Is is a novel about revelations, transformations, fairy tales, and family. And it's about the ways this is how it always is: Change is always hard and miraculous and hard again; parenting is always a leap into the unknown with crossed fingers and full hearts; children grow but not always according to plan. And families with secrets don't get to keep them forever.

Change is hard. Whether it's a good transition like a job promotion or a bad disruption like a devastating health diagnosis, it's stressful. Gina Brenna Butz shares her personal stories of struggling with change and encourages you to trust God. She writes with compassion as she urges you to rely on God's goodness, lean on Him for strength, rejoice that He is constant, and ultimately to find satisfaction in Him rather than in circumstances. Scripture helps you see change from the viewpoint of your heavenly Father. You can rest knowing He works all things together for the good of His children, even in seasons of stress-inducing change.

Presents a controversial history of violence which argues that today's world is the most peaceful time in human existence, drawing on psychological insights into intrinsic values that are causing people to condemn violence as an acceptable measure.

The best-selling guide for coping with changes in life and work, named one of the 50 all-time best books in self-help and personal development Whether you choose it or it is thrust upon you, change brings both opportunities and turmoil. Since Transitions was first published, this supportive guide has helped hundreds of thousands of readers cope with these issues by providing an elegantly simple yet profoundly insightful roadmap of the transition process. With the understanding born of both personal and professional experience, William Bridges takes readers step by step through the three stages of any transition: The Ending, The Neutral Zone, and, eventually, The New Beginning. Bridges explains how each stage can be understood and embraced, leading to meaningful and productive movement into a hopeful future. With a new introduction highlighting how the advice in the book continues to apply and is perhaps even more relevant today, and a new chapter devoted to change in the workplace, Transitions will remain the essential guide for coping with the one constant in life: change.

Part practical toolkit, part inspirational guide for navigating the transformational moments of our wild and unpredictable lives. -- [p.4] of cover.

Whether it is chosen or thrust upon you, change brings both opportunities and turmoil. Since first published 25 years ago, Transitions has helped hundreds of thousands of readers cope with these issues by providing an elegantly simple yet profoundly insightful roadmap of the transition process. With the understanding born of both personal and professional experience, William Bridges takes readers step by step through the three stages of any transition: The Ending, The Neutral Zone, and, in time, The New Beginning. Bridges explains how each stage can be understood and embraced, leading to meaningful and productive movement into a hopeful future. With a new introduction highlighting how the advice in the book continues to apply and is perhaps even more relevant today, and a new chapter devoted to change in the workplace, Transitions will remain the essential guide for coping with the one constant in life: change.

What is True Wealth? Contrary to popular belief, it's not about amassing a great fortune. Instead, true wealth comes from deeply understanding your life's purpose and ensuring that your financial decisions and short- and long-term planning support it. Financial industry pioneers Josh Kadish and Nicole Mayer of RPG - Life Transition Specialists(R) help clients develop a

thorough understanding of their financial picture and priorities. Now, with expert insight, empathy, and understanding, Kadish and Mayer help readers navigate these choices, giving them the confidence to take charge of their future. In *Navigating Life's Transitions: Connecting Your Means to Your Meaning*, Kadish and Mayer provide a story-based, insider's view of what to know, what to consider, what to ask, and what steps to take to uncover your own life's purpose and create the financial foundation to enjoy it. "No matter where you are in life, chances are there will be major transitions in your future. These transitions will most certainly involve your finances. If you're tired of feeling pressure from the financial industry to buy a product to solve your issues, you're not alone. In this book, you will learn from real-life scenarios that there are true holistic planners who will put your interests ahead of theirs. It's a different-and, in my opinion, better-approach and one that everyone deserves. Don't wait until the life transitions hit you to put your plan together. With the help of the right holistic advisor, you can experience less stress on both a personal and financial basis. This book will allow you to see what you should expect from a true financial advisor. Without proper knowledge, you could fall prey to the financial salesperson. Don't let that happen to you!" Dean Barber, America's Wealth Management Show Host, Author "Josh Kadish and I lead mission-driven firms. Peak Advisor Alliance's mission is: 'We enhance the lives of advisors and the families they serve through inspiration, innovation, and implementation.' Josh, Nicole, and RPG - Life Transition Specialists help us fulfill our mission by delivering holistic financial planning to their clients." Ron Carson, CFP(R), ChFC(R), CFS, New York Times bestseller and founder and CEO of Carson Wealth Management Group; #7 advisor in the U.S. as ranked by Barron's magazine. Ron Carson is not a registered representative of NPC. Carson Wealth Management Group, RPG, and NPC are separate and unrelated entities. "Anyone going through some form of life transition should read this book! Josh and Nicole do a great job of making the complex seem simple and understandable. If you are trying to figure out if you are on the right course to achieving your long-term goals and dreams, this book is a great educational tool to help guide you in making future decisions with confidence." Rick Law, Lead Attorney, Law ElderLaw, LLP Securities offered through Securities America, Inc. (SAI), member FINRA/SIPC. Advisory services offered through Securities America Advisors, Inc. (SAA). RPG, SAI and SAA are separate entities.

How can we make sense of change and stability through the lifespan of human development? What role does personal experience, our relationships with others, and historical and sociocultural contexts play in shaping these changes? This is the first book to offer an integrative overview of the range of developmental transitions which occur through the lifespan. Bringing together different theoretical and conceptual perspectives and a broad range of empirical research including quantitative and qualitative approaches, this book encompasses a range of complex transitional forms. Covering topics such as health transitions, transitions in friendships and romantic relationships, career transitions, and societal transitions, this book takes the reader beyond a focus on childhood and adolescence, to look at the whole lifespan. Reflecting a perspective that takes into account a sociocultural past and present, this book seeks to show how transitions can be viewed as both an experience of uncertainty and possibility. Transitions perform important functions and present psychosocial opportunities. *Developmental Transitions* is essential reading for all undergraduate and graduate students of developmental and cultural psychology and is also a valuable resource for academics and practitioner audiences interested in stability and change as people age.

A New York Times bestseller! A pioneering and timely study of how to navigate life's biggest transitions with meaning, purpose, and skill Bruce Feiler, author of the New York Times bestsellers *The Secrets of Happy Families* and *Council of Dads*, has long explored the stories that give our lives meaning. Galvanized by a personal crisis, he spent the last few years crisscrossing the country, collecting hundreds of life stories in all fifty states from Americans who'd been through major life changes—from losing jobs to losing loved ones; from changing careers to changing relationships; from getting sober to getting healthy to simply looking for a fresh start. He then spent a year coding these stories, identifying patterns and takeaways that can help all of us survive and thrive in times of change. What Feiler discovered was a world in which transitions are becoming more plentiful and mastering the skills to manage them is more urgent for all of us. The idea that we'll have one job, one relationship, one source of happiness is hopelessly outdated. We all feel unnerved by this upheaval. We're concerned that our lives are not what we expected, that we've veered off course, living life out of order. But we're not alone. *Life Is in the Transitions* introduces the fresh, illuminating vision of the nonlinear life, in which each of us faces dozens of disruptors. One in ten of those becomes what Feiler calls a lifequake, a massive change that leads to a life transition. The average length of these transitions is five years. The upshot: We all spend half our lives in this unsettled state. You or someone you know is going through one now. The most exciting thing Feiler identified is a powerful new tool kit for navigating these pivotal times. Drawing on his extraordinary trove of insights, he lays out specific strategies each of us can use to reimagine and rebuild our lives, often stronger than before. From a master storyteller with an essential message, *Life Is in the Transitions* can move readers of any age to think deeply about times of change and how to transform them into periods of creativity and growth.

"It is very exciting to see all of these studies compiled in one book. It can be read sequentially or just for certain transitions. It also can be used as a template for compilation of other concepts central to nursing and can serve as a resource for further studies in transitions. It is an excellent addition to the nursing literature." Score: 95, 4 Stars. --Doody's "Understanding and recognizing transitions are at the heart of health care reform and this current edition, with its numerous clinical examples and descriptions of nursing interventions, provides important lessons that can and should be incorporated into health policy. It is a brilliant book and an important contribution to nursing theory." Kathleen Dracup, RN, DNSc Dean and Professor, School of Nursing University of California San Francisco Afaf Meleis, the dean of the University of Pennsylvania School of Nursing, presents for the first time in a single volume her original "transitions theory" that integrates middle-range theory to assist nurses in facilitating positive transitions for patients, families, and communities. Nurses are consistently relied on to coach and support patients going through major life transitions, such as illness, recovery, pregnancy, old age, and many more. A collection of over 50 articles published from 1975 through 2007 and five newly commissioned articles, *Transitions Theory* covers developmental, situational, health and illness, organizational, and therapeutic transitions. Each section includes an introduction written by Dr. Meleis in which she offers her historical and practical perspective on transitions. Many of the articles consider the transitional experiences of ethnically diverse patients, women, the elderly, and other minority populations. Key Topics Discussed: Situational transitions, including discharge and relocation transitions (hospital to home, stroke recovery) and immigration transitions (psychological adaptation and impact of migration on family health) Educational transitions, including professional transitions (from RN to BSN and student to professional) Health and illness

transitions, including self-care post heart failure, living with chronic illness, living with early dementia, and accepting palliative care Organization transitions, including role transitions from acute care to collaborative practice, and hospital to community practice Nursing therapeutics models of transition, including role supplementation models and debriefing models

This lively chronicle of the years 1847–1947—the century when the Jewish people changed how we see the world—is “[a] thrilling and tragic history...especially good on the ironies and chain-reaction intimacies that make a people and a past” (The Wall Street Journal). In a hundred-year period, a handful of men and women changed the world. Many of them are well known—Marx, Freud, Proust, Einstein, Kafka. Others have vanished from collective memory despite their enduring importance in our daily lives. Without Karl Landsteiner, for instance, there would be no blood transfusions or major surgery. Without Paul Ehrlich, no chemotherapy. Without Siegfried Marcus, no motor car. Without Rosalind Franklin, genetic science would look very different. Without Fritz Haber, there would not be enough food to sustain life on earth. What do these visionaries have in common? They all had Jewish origins. They all had a gift for thinking in wholly original, even earth-shattering ways. In 1847, the Jewish people made up less than 0.25% of the world’s population, and yet they saw what others could not. How? Why? Norman Lebrecht has devoted half of his life to pondering and researching the mindset of the Jewish intellectuals, writers, scientists, and thinkers who turned the tides of history and shaped the world today as we know it. In *Genius & Anxiety*, Lebrecht begins with the Communist Manifesto in 1847 and ends in 1947, when Israel was founded. This robust, magnificent, beautifully designed volume is “an urgent and moving history” (The Spectator, UK) and a celebration of Jewish genius and contribution.

Directed at managers and employees in today's corporations, where change is necessary to revitalize and improve corporate performance, this guide addresses the fact that it is people that have to carry out the change.

What is disappearing today is not just a certain number of jobs, or jobs in certain industries, or jobs in some parts of the UK - or even jobs in the West as a whole. What is disappearing is the very thing itself: the job. In fact, many organizations are today well along the path towards being de-jobbed.

The first novel in ten years from the author of the beloved New York Times bestseller *The Particular Sadness Of Lemon Cake*, a luminous, poignant tale of a mother, a daughter, mental illness, and the fluctuating barrier between the mind and the world On the night her single mother is taken to a mental hospital after a psychotic episode, eight year-old Francie is staying with her babysitter, waiting to take the train to Los Angeles to go live with her aunt and uncle. There is a lovely lamp next to the couch on which she's sleeping, the shade adorned with butterflies. When she wakes, Francie spies a dead butterfly, exactly matching the ones on the lamp, floating in a glass of water. She drinks it before the babysitter can see. Twenty years later, Francie is compelled to make sense of that moment, and two other incidents -- her discovery of a desiccated beetle from a school paper, and a bouquet of dried roses from some curtains. Her recall is exact -- she is sure these things happened. But despite her certainty, she wrestles with the hold these memories maintain over her, and what they say about her own place in the world. As Francie conjures her past and reduces her engagement with the world to a bare minimum, she begins to question her relationship to reality. The scenes set in Francie's past glow with the intensity of childhood perception, how physical objects can take on an otherworldly power. The question for Francie is, What do these events signify? And does this power survive childhood? Told in the lush, lilting prose that led the San Francisco Chronicle to say Aimee Bender is "a writer who makes you grateful for the very existence of language," *The Butterfly Lampshade* is a heartfelt and heartbreaking examination of the sometimes overwhelming power of the material world, and a broken love between mother and child.

Celebrating 40 years of the best-selling guide for coping with life's changes, named one of the 50 all-time best books in self-help and personal development -- with a new Discussion Guide for readers, written by Susan Bridges and aimed at today's current people and organizations facing unprecedented change First published in 1980, *Transitions* was the first book to explore the underlying and universal pattern of transition. Named one of the fifty most important self-help books of all time, *Transitions* remains the essential guide for coping with the inevitable changes in life. *Transitions* takes readers step-by-step through the three perilous stages of any transition, explaining how each stage can be understood and embraced. The book offers an elegant, simple, yet profoundly insightful roadmap to navigate change and move into a hopeful future: Endings. Every transition begins with one. Too often we misunderstand them, confuse them with finality -- that's it, all over, finished! Yet the way we think about endings is key to how we can begin anew. The Neutral Zone. The second hurdle: a seemingly unproductive time-out when we feel disconnected from people and things in the past, and emotionally unconnected to the present. Actually, the neutral zone is a time of reorientation. How can we make the most of it? The New Beginning. We come to beginnings only at the end, when we launch new activities. To make a successful new beginning requires more than simply persevering. It requires an understanding of the external signs and inner signals that point the way to the future.

Research from a diverse array of organizational settings and occupations is included, from the education of medical students to the promotion of salespeople and from the adjustment of camp counselors to the retirement of CEOs. *Role Transitions* will appeal to scholars and students in the fields of organizational behavior, human resource management, and social, developmental, and industrial psychology."--Jacket.

Business lessons from one of the greatest Olympic teams of all time It's been called the greatest upset of all time, the most memorable Olympic moment ever, the "Miracle on Ice." No matter which superlative is used, no one can deny that the U.S. men's hockey team's defeat of the Soviet Union in the medal round of the Lake Placid Olympic Games was a defining moment for Cold War America. The U.S. team's goalie was a Boston University student named Jim Craig, who is now a leadership expert and keynote speaker to business audiences. *Gold Medal Strategies* gives you Craig's unique lessons from the "Miracle" team on team dynamics, leadership, motivation, and other important management topics. With his unparalleled perspective, Craig dissects and analyzes the elements of a successful team, how to assemble one, and what philosophies will keep the team's shared goal a reality. This book outlines the necessary skills and details the specific techniques you need to maximize your business readiness, hone competitive cooperation, gather your strategies, and attack your challengers.

All Groan Up: Searching for Self, Faith, and A Freaking Job! is the story of the GenY/Millennial generation told through the individual story of author Paul Angone. It's a story of struggle, hope, failure, and doubts in the twilight zone of growing up and being grown, connecting with his twentysomething post-college audience with raw honesty, humor, and hope.

With transitions to more sustainable ways of living already underway, this book examines how we understand the underlying dynamics of the transitions that are unfolding. Without this

understanding, we enter the future in a state of informed bewilderment. Every day we are bombarded by reports about ecosystem breakdown, social conflict, economic stagnation and a crisis of identity. There is mounting evidence that deeper transitions are underway that suggest we may be entering another period of great transformation equal in significance to the agricultural revolution some 13,000 years ago or the Industrial Revolution 250 years ago. This book helps readers make sense of our global crisis and the dynamics of transition that could result in a shift from the industrial epoch that we live in now to a more sustainable and equitable age. The global renewable energy transition that is already underway holds the key to the wider just transition. However, the evolutionary potential of the present also manifests in the mushrooming of ecocultures, new urban visions, sustainability-oriented developmental states and new ways of learning and researching. Shedding light on the highly complex challenge of a sustainable and just transition, this book is essential reading for anyone concerned with establishing a more sustainable and equitable world. Ultimately, this is a book about hope but without easy answers.

In life we get opportunities to make decisions that will either change our lives for the better or pose problems for years to come. Exploring these "hinge moments," Gordon College president Michael Lindsay shares faith-based stories of success and failure from his ten-year study of other leaders, providing both practical and spiritual insights for making the most of each stage of life.

In a recent study, ninety percent of women stated that they 'expect to transition' within the next five years. Rather than be frustrated, Rosetti argues that with thought and some elbow grease, transition is not only healthy but rewarding. *Women and Transition* is a step-by-step how-to guide that every woman can learn from.

On April 20th, 1999, Billy Epperhart was taking a break to go fishing. That's when he received the call that two students had opened fire at Columbine High School. As the pastor of the nearest church to the school, Billy found himself thrust to the forefront of tragedy, broken people with lots of questions, and a whirlwind of media attention. Life changed quickly and darkly for the Columbine community. The lessons Billy practiced and learned from that tragedy have stuck with him ever since. The principles for navigating change are the same for handling unexpected tragedy to handling a new diet. *Change Mastery* is a book that offers a spiritual and practical guide to becoming the master of change in your life. Whether life throws an unexpected, difficult change your way, or you just want to lose a couple pounds, this book will help you navigate the waters of choosing and implementing change into your life. By mastering change, you will be able to stand strong no matter what comes your way.

Is anxiety "un-Christian"? Many Christians believe the answer to this question is yes! Understandably, then, many Christians feel shame when they are anxious. They especially feel this shame when well-intentioned fellow believers dismiss or devalue anxiety with Christian platitudes and Bible verses. Rhett Smith, Licensed Marriage and Family Therapist, helps us understand anxiety in a new way. Rhett argues that, rather than being destructive or shameful, anxiety can be a catalyst for our spiritual growth. Using Biblical thinking and personal examples, Rhett explains how anxiety allows us to face our resistance and fears, understand where those fears come from, and then make intentional decisions about issues such as career, marriage, money, and our spiritual lives. Allow this book to challenge your view of anxiety, and allow God to use your anxiety for good.

Instead of a traditional written diary, Julia Kaye has always turned to art as a means of self-reflection. So when she began her gender transition in 2016, she decided to use her popular webcomic, *Up and Out*, to process her journey and help others with similar struggles realize they weren't alone. Julia's poignant, relatable comics honestly depict her personal ups and downs while dealing with the various issues involved in transitioning—from struggling with self-acceptance and challenging societal expectations, to moments of self-love and joy. *Super Late Bloomer* both educates and inspires, as Julia faces her difficulties head-on and commits to being wholly, authentically who she was always meant to be.

[Copyright: 4c356d84699ad85fb26d4908542d3a4c](#)