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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 road map to navigate change and move into a hopeful future:

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I read TRANSITIONS: MAKING SENSE OF LIFE'S CHANGES By William Bridges many years ago -- I'm guessing probably when it first came out. I was in my early 30s. My overview: it explains how periods of time between "the end of something" and "the beginning of something else" usually brings turmoil, yet new paths and opportunities to grow as an ...

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In Transitions. Making Sense of Life's Changes, Bridges first clarifies the distinction between change and transition, stating that our society confuses them constantly. He writes that change is

one's move to a new city, their shift to a new job, the birth of a baby, or the death of a loved one. In other words, change is situational.

Makes sense of changes and chapters in our lives and the importance of transition in relation to endings and new beginnings, especially the neutral zone between them which from experience can be a difficult but necessary link between them.

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Transitions Quotes Showing 1-6 of 6 "In other words, change is situational. Transition, on the other hand, is psychological. It is not those events, but rather the inner reorientation and self-redefinition that you have to go through in order to incorporate any of those changes into your life.

In summary, Bridges writes: "A transition concludes when something new emerges from your own inner neutral zone, something around which you can build your new life. What emerges is not a new job—which would be a change—but some new sense of yourself, some new reality you're dealing with, some new idea that is moving you forward."

Celebrating 40 years of the best-selling guide for coping with life's changes, named one of the 50 ...

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In the broadest sense, we might say this time is one of "searching for a place" and that the transitions likely to take place involve experimenting with an eye to making commitments. Charlotte Buhler noted that physical dependence on parents ended by the late teens, and commitments that were long lasting were not made until almost thirty.

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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.

Want to make sense of life's transitions? This is simply and outstanding book on navigating through life's transitions. Practical and enormously insightful (and even inspiring in places) Bridges helps the reader to understand the difference between 'change' and 'transition', and ultimately, to appreciate that the ending of a chapter is the actual beginning of a new one.

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