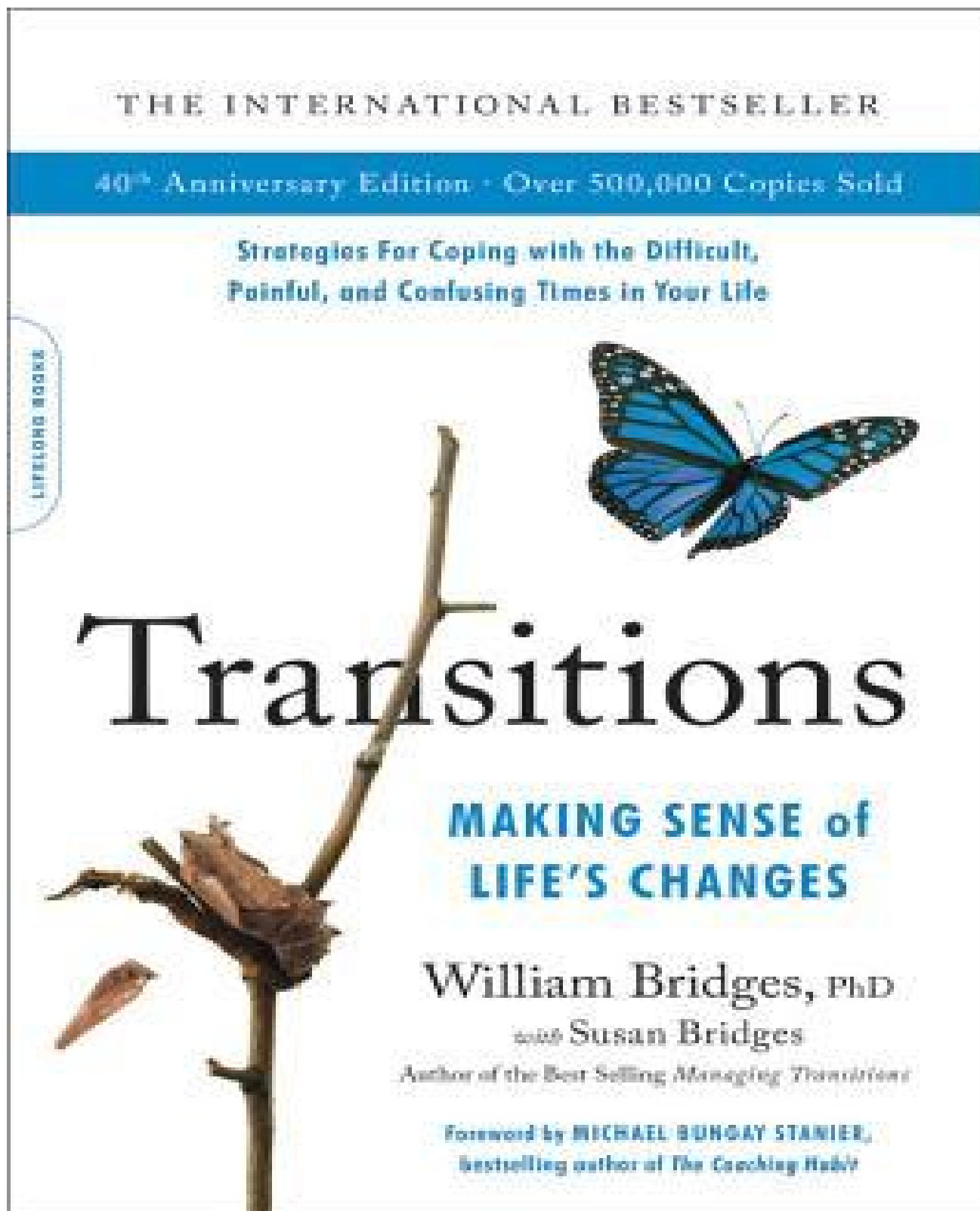
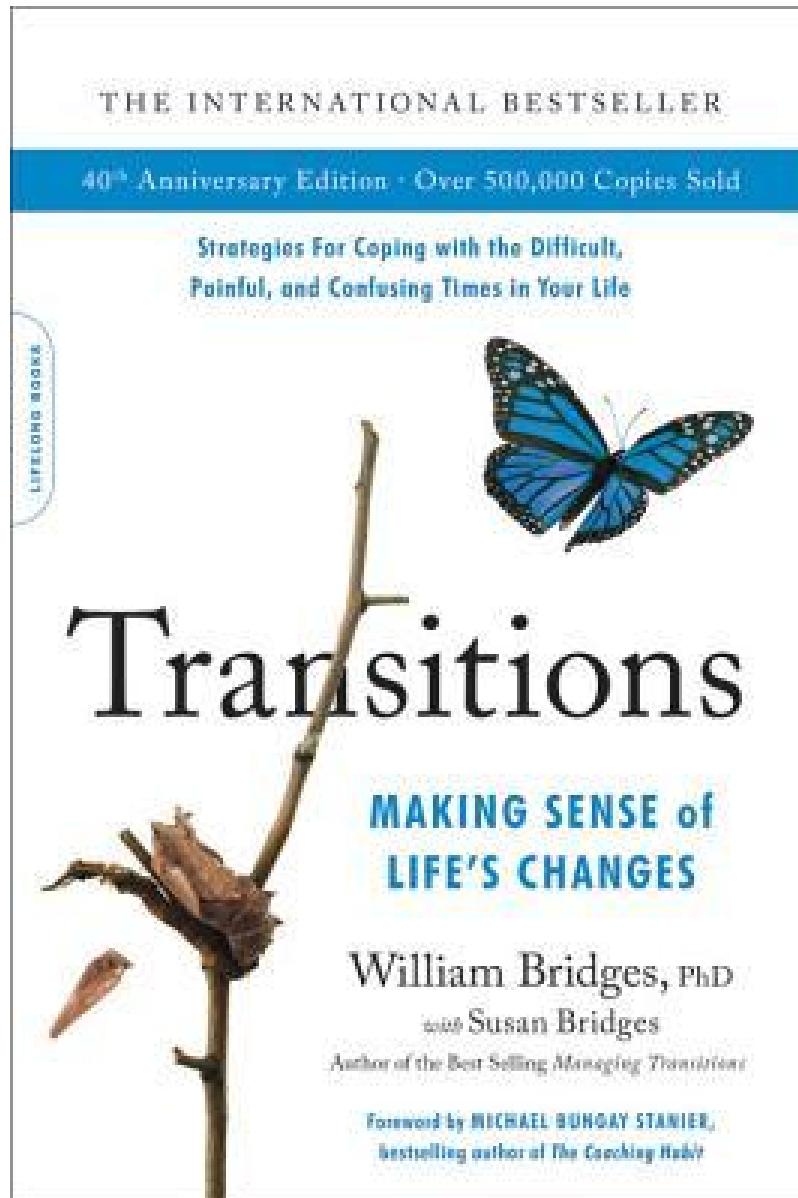


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**Transitions: Making Sense of Life's Changes  
by William Bridges**



**SYNOPSIS**

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. Every transition begins with one. Too often we misunderstand them, confuse them with finality -- that's it, all over, finished! Yet the way

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