



Facing the Sunshine and Avoiding the Shadows: Strategies to Stay Sane and Positive Amid Change (Paperback)

By Becky Johnen

Inspiring Voices, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Heraclitus of Ephesus, a Greek philosopher, once said, Nothing endures but change. Sometimes the change in our lives comes by choice, and working through it is easy. Other changes are thrust upon us and can't be avoided; these changes may present challenges. When they come along, it's important to meet them head on to ensure smooth transitions. This guide to successfully adapting to change offers strategies that can position you to succeed. You can learn how to improve your responses to change by studying successful people; develop a support network to help you meet challenges; harness enthusiasm and use positive thinking to your advantage; and preserve your sanity by cultivating a sense of humor. Since change is a constant in every life, we must learn to accept it and embrace it. You can let go of your fear and develop the necessary skills to cope with and respond to change in order to lead a happy, more productive life. Facing the Sunshine and Avoiding the Shadows provides a road map to help get you there.

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