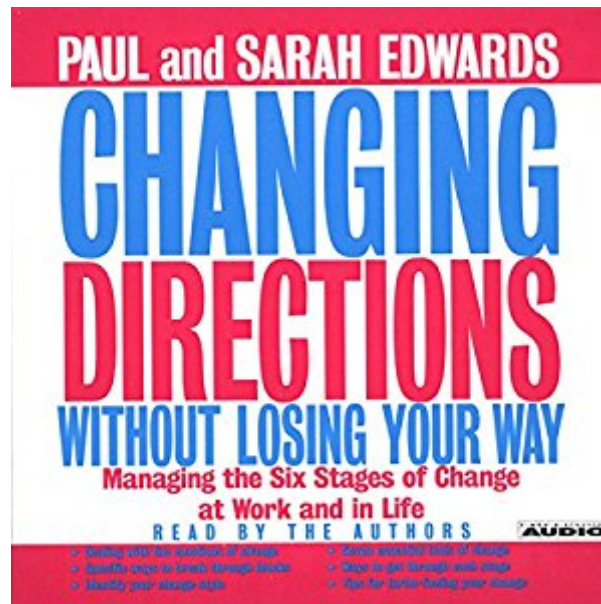


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# Changing Directions Without Losing Your Way: Managing The Six Stages Of Change At Work And In Life



## Synopsis

The complete guide for anyone who faces sudden change at work, in technology, and in the world around them. In *Changing Directions Without Losing Your Way*, the authors who helped pioneer the "working from home" revolution identify the six stages of change in business and in life. In each of these six stages, Paul and Sarah demonstrate how to understand and assess change for what it is, and then recast your career or other vital aspects of life to adapt to new realities. Their new book is filled with concrete suggestions, allowing every reader to feel that he or she can gain control of whatever situation life presents. From facing a new reality, releasing the past, finding an inner compass, embracing the future, developing a strategy, to putting the show on the road, the six stages of change are clearly explained. The book even shows how to develop better nutrition and health habits that energize the body during periods of stress. The authors supply useful and simple exercises to help readers understand their options. They also supply vivid examples of others who have successfully wrestled with the disruptions of job changes, downsizing, or changes. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I found the book to be extremely helpful in identifying what it is you wish to change in your life, eliminating the fear and psychological blocks which stand in the way, and manifesting the dreams you've always had...yet often forgot were still locked inside, waiting to be fulfilled. The authors have written in a way which is immediately accessible, entertaining, and easily digested. There is a gentle urging which draws you closer to those "fantasies" many of us let go of, only to replace with a

half-life of others' belief systems that ultimately have not led to our fulfillment. "Changing Directions" gets you in touch with what you may have forgotten or forever released as "inappropriate" or "irresponsible choices"...and challenges you to once again embrace them as perhaps the only appropriate, responsible choice you can make if you are ever to achieve happiness.

About 30 years ago I read Alvin Toffler's FUTURE SHOCK wherein he described the rapidity of change and impact it would have on society and the individual in the coming decades. I have since observed in my personal and professional lives much of that dispossessing "shock" where the future meets the present. I could well have remained immobilized in the wake of recent life path switcheroos but for the wholly manageable techniques laid out in Paul and Sarah Edwards CHANGING DIRECTIONS. Clearly they have done their homework and have fashioned a plan of action that anyone can commence and complete, regardless of how stranded one may feel or uncertain the road may look. The book's life lessons allow individuals to reset the compass, fuel the engine, align the steering, inflate the tires and provide some fresh views of roads taken or not taken. Last year's WHO MOVED MY CHEESE provided a nice little fable and easy read for time-strapped rat-racers. But it might leave many feeling a bit undernourished in the how-to department. Paul and Sarah Edwards have set the table nicely with a six-course feast ("to go") of work and life-changing wisdom. Just desserts await those who faithfully follow their recommended menus.

An OK listen (I did the audiobook). The general premise is change management, and approaching six stages of change and acceptance in your personal or business life with a strategy or plan. The six stages:\*Face a new reality\*Release the past\*Find an inner compass\*Embrace the future\*Develop a strategy\*Execute (Put the show in the road)Are common sense approaches to any project - and maybe the biggest insight was to treat personal or professional change as a project. Relatively simplistic in approach, it is nevertheless decent fundamental info and a good reminder of methodically planning your life.

great book!

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