

## Lynne Cunningham's Book Review

*I just read a great book that I think should be added to your Personal Library.*

<b>Book</b>	<b><i>Transitions: Making Sense of Life's Changes</i></b>
<b>Author</b>	William Bridges
<b>Publisher's Book Description</b>	Whether it is chosen or thrust upon you, change brings both opportunities and turmoil. Since first published 25 years ago, <i>Transitions</i> 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, <i>Transitions</i> will remain the essential guide for coping with the one constant in life: change.
<b>LC Review</b>	If you're a baby boomer starting to think "what's next?" you need to buy, read and highlight this very important book. William Bridges has updated this best seller for its 25 <sup>th</sup> anniversary and for all of us starting to plan the next steps on our personal and professional journeys.
<b>Page</b>	<b><i>Lynne suggests that you pay special attention to some of these features in the book.</i></b>
<b>xii</b>	<i>Change</i> is your move to a new city or your shift to a new job. In other words, <i>change</i> is situational. <i>Transition</i> , 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. Without a transition, a change is just a rearrangement of the furniture.
<b>4</b>	All transitions are composed of <ol style="list-style-type: none"> <li>1. an ending</li> <li>2. a neutral zone</li> <li>3. a new beginning</li> </ol>
<b>7</b>	Rule number one: When you're in transition, you find yourself coming back in new ways to old activities.
<b>11</b>	Rule number two: Every transition begins with an ending.
<b>15</b>	Rule number three: Although it is advantageous to understand your own style of endings, some part of you will resist that understanding as though your life depended on it.
<b>16</b>	Endings are the first phase of transition. The second phase is a time of lostness and emptiness before "life" resumes an intelligible pattern and direction. The third phase is that of beginning anew.

<b>17</b>	Rule number four: First there is an ending, then a beginning, and an important empty or fallow time in between.	
<b>69</b>	This process of renegotiation must take place many times during a long-term relationship if it is to stay vital and provide both partners with the setting for their continued development.	
<b>73+</b>	A checklist for people in a relationship-in-transition: <ol style="list-style-type: none"> <li>1. Take your time</li> <li>2. Arrange temporary structures</li> <li>3. Don't act for the sake of action</li> <li>4. Take care of yourself in little ways</li> <li>5. Explore the other side of the change</li> <li>6. Find someone to talk to</li> <li>7. Think of transition as a process of leaving the status quo, living for a while in a fertile "time out" and then coming back with an answer</li> </ol>	
<b>86+</b>	Two questions that you should learn to ask yourself whenever you are in transition: <ol style="list-style-type: none"> <li>1. What is it time to let go of in my own life right now?</li> <li>2. What is standing backstage, in the wings of my life, waiting to make its entrance?</li> </ol>	
<b>115</b>	As the contractors always warn you, remodeling always takes more time and money than new construction.	
<b>128</b>	One of the most important differences between a change and a transition is that changes are driven to reach a goal, but transitions start with letting go of what no longer fits or is adequate to the life stage you are in.	
<b>130</b>	Endings begin with something going wrong.	
<b>154</b>	The neutral zone is a time when the real business of transition takes place. It is a time when an inner reorientation and realignment are occurring, a time when we are making the all-but-imperceptible shift from one season of life to the next. Although such shifts cannot occur without an ending, and although they cannot bear fruit without a new beginning, it is in the neutral zone that the real work of transformation takes place.	
<b>Overall rating</b>	Outstanding. The best, most helpful book I've read this year.	
<b>Publisher and Year Published</b>	DaCapo Life Long	2004
<b>Price</b>	\$15.95	Discounted on Amazon
<b>Recommended by</b>	Several colleagues in New Mexico including Sally Ironside and Sherry Gentry	

