

Transitions, Self-Reflection Books

These books were suggested by:

Gail Jones, life coach from Topsfield, MA.

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<http://supportmatters.com/contact.htm>

Transitions

Bridges, William

Helps one understand the emotional stages of change

Amazon Review

Whether it is chosen or thrust upon you, change brings both opportunities and turmoil. Since first published 25 years ago, *Transitions* 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, *Transitions* will remain the essential guide for coping with the one constant in life: change.

About the Author

Formerly a professor of English, William Bridges made a shift to the field of transitional management in the mid-1970s; out of his workshops has grown a long career of consulting, lecturing, and helping others through transitions. He lives with his wife in Mill Valley, California.

Callings

Levoy, Greg.

Helps with understanding ones life purpose

Amazon Review

How do we know if we're following our true callings? How do we sharpen our senses to cut through

the distractions of everyday reality and hear the calls that are beckoning us? This is the first book to examine the many kinds of calls we receive and the great variety of channels through which they come to us. A calling may be to do something (change careers, go back to school, have a child) or to be something (more creative, less judgmental, more loving). While honoring a calling's essential mystery, this book also guides readers to ask and answer the fundamental questions that arise from any calling: How do we recognize it? How do we distinguish the true call from the siren song? How do we handle our resistance to a call? What happens when we say yes? What happens when we say no?

Drawing on the hard-won wisdom and powerful stories of people who have followed their own calls, Gregg Levoy shows us the many ways to translate a calling into action. In a style that is poetic, exuberant, and keenly insightful, he presents an illuminating and ultimately practical inquiry into how we listen and respond to our calls, whether at work or at home, in our relationships or in service. *Callings* is a compassionate guide to discovering your own callings and negotiating the tight passages to personal power and authenticity.

Your Destiny Switch

McColl, Peggy

Amazon Review

Your Destiny Switch isn't just another self-help book. It's a powerful concept and process that can consciously and creatively transform your life. You could call it a paradigm shift in creative consciousness, a shift that speaks to your demand for a richer and more experiential engagement in your quest for growth. More than a book, *Your Destiny Switch* allows you to balance your key emotions in order to reach your destiny. Peggy McColl supports this work with a wealth of reference materials that provide an abundance of valuable and usable life-changing tools: state-shifters, the scale of human emotions, performance indicators, measurement tools, and a daily and weekly destiny

planner. This book will help you understand your own creative power by way of your emotions and, more important, show you how to use this power to create desired results by tapping into a powerful energy source within.

About the Author

Peggy McColl is an internationally recognized expert in the area of destiny achievement whose purpose is to make a positive contribution to the lives of millions of others. She has been inspiring individuals, experts, professional athletes, and organizations to reach their potential for the past 25 years. She is the president and founder of Dynamic Destinies Inc., an organization committed to deliver sound principles for creating lasting and positive change.

Recommended by:

Jen Nye: Intuitionet member

The Success Principles™

How to Get from Where You Are to Where You Want to Be

Canfield, Jack.

From Publishers Weekly

When it comes to success, Canfield knows of what he speaks: he is co-creator, with Mark Victor Hansen, of the seemingly endless Chicken Soup for the Soul series. He presents 64 success principles that he claims “always work”—and draws on his own experience and that of others to illustrate them. Sixty-four principles may seem like a lot, but each receives a concise, easy-to-digest chapter that challenges readers to risk creating their lives exactly as they want them. Many of the principles are familiar—e.g., “Take 100% Responsibility for Your Life”—but Canfield has a nifty way of summarizing them (“Reject rejection”), and some are inventive: “Become an Inverse Paranoid” means see the world as out to help you instead of out to get you. He also offers specific techniques, such as positive-thinking exercises and visualizations. A section on transformation provides even more on how to overcome self-defeating beliefs, fears and habits. Further sections offer principles on building good teams and better relationships at the office. Canfield acknowledges his predecessors in the success advice field, such as Napoleon Hill,

and is also clear that while he gives information, motivation, and inspiration, readers must contribute their own hard work. Canfield’s energy and enthusiasm bounce off the page; many will flock to this inspiring (and very rich) teacher. And those starting off in business or in need of a refresher course may consider this title required reading.

Re-entering the Workforce

These books, and others, are from Amazon.com’s list: “Great Books for Moms Going Back to Work”

**Starting Out, Starting Over:
Finding the Work That’s Waiting for You**

Peterson, Linda

From Library Journal

Peterson, the author of two books in Peterson’s Guides’ “Careers Without College” series, provides a blueprint for learning what career is best for you and locating employment in that field. She arranges material according to the four recommended steps in the process: self-exploration, occupational exploration, goal setting and decision making, and implementation of the decision. The self-exploration section depends heavily on using the Strong and Myers-Briggs assessment tools, which both require a counselor for administration and interpretation. The occupational exploration section is similar to material in other books, such as Rachel Bolle’s *What Color Is Your Parachute?* Many of the advisers for this work are from library career centers, resulting in a strong section on using the library and researching in cyberspace. Although the content is not innovative, the tone is informal and inviting and the exercises well designed, and some good resources are provided.

Going Back To Work: A Survival Guide for Comeback Moms

Quigley, Mary

Publishers Weekly

Many parents are torn, wanting to be hands-on, full-time parents but also feeling ambivalent about leaving interesting, financially lucrative careers. This handbook, by freelance journalists Quigley and Kaufman, focuses on those mothers who are returning to the workplace after time spent away: networking to find a

Intuitionet Reading List

position, negotiating salary and other benefits, starting a business from home and more. In a casual tone, the authors draw upon their own experiences as well as on those of other mothers who were interviewed or contributed anecdotes to the authors' Web site. While many of these career topics are discussed in other books, this volume offers a fresh perspective in several areas; sections on changing careers and using volunteer jobs as a way of getting a new position are particularly insightful. Furthermore, the solutions are realistic. For example, regarding reliable child care, the authors discuss the advantages of having a family member (sibling, spouse or grandmother) available for child care or emergency care. This is a solid guide that should appeal to mothers who can't or don't want to return to their previous careers.

Finding Your Perfect Work

Edwards, Paul

Amazon Review

The complete guide to finding the right career is updated for the twenty-first century by the authors of *Working From Home* and *Making Money with Your Computer at Home*.

After nearly 100,000 copies sold, this new edition of *Finding Your Perfect Work* features:

- Seventy-five new careers reflecting the advent of the Internet and changes in the economy.
- New information on careers that can be operated virtually anywhere.
- Updated resource lists-including newly relevant, little-known Internet sources of grants and loans more contemporary examples of the right career-making moves

Book Info

The complete guide to finding the right career. Updated for the 21st century by the authors of 'Working from Home' and 'Making Money with Your Computer at Home.'

The Ten-Year Nap

Wolitzer, Meg

Publishers Weekly

In her latest novel, Wolitzer (*The Wife*; etc.) takes a close look at the opt out generation: her cast of pri-

mary characters have all abandoned promising careers (in art, law and academia) in favor of full-time motherhood. When their children were babies, that decision was defensible to themselves and others; 10 years on, all of these women, whose interconnected stories merge during their regular breakfasts at a Manhattan restaurant, harbor hidden doubts. Do their mundane daily routines and ever-more tenuous connections to increasingly independent children compensate for all that lost promise? Wolitzer centers her narrative on comparisons between her smart but bored modern-day New York and suburban mommies and the women of the generation preceding them, who fought for women's liberation and equality. Contemporary chapters, most of which focus on a single character in this small circle of friends, alternate with vignettes from earlier eras, placing her characters' crises in the context of the women, famous and anonymous, who came before. Wolitzer's novel offers a hopeful, if not exactly optimistic, vision of women's (and men's) capacity for reinvention and the discovery of new purpose.

