



Shifting Sands: A Guidebook for Crossing the Deserts of Change

Steve Donahue

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Shifting Sands: A Guidebook for Crossing the Deserts of Change Steve Donahue

Unlike the familiar mountain-climbing metaphor, which focuses more narrowly on goal setting and achievement, the desert as a metaphorical place of change does not have final summit or endpoint. Shifting Sands exposes the mountain-climbing myth and its goal-setting metaphor as ineffective, and suggests that the desert is the perfect metaphor to describe the journey of life, especially in times of transition. Deserts require us to pay attention to the journey rather than the destination. Strategic planning and maps don't work in a desert. Instead, travelers must follow their internal compass. Steve Donahue presents the "Six Rules of Desert Travel" to aid all those facing change, whether starting a new career, coping with illness or a midlife crisis, getting married or divorced, or having the kids move out of the house. He helps life travelers face their fears and overcome other obstacles (being too busy, feeling overwhelmed) so they can commit to the journey in front of them.

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