



Living Through Transitions: Harnessing Your Courage at a Personal Crossroads

Sharyn Salsberg Ezrin

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Anyone facing an unplanned work or life transition, or deciding to plan one, will benefit from reading *Living Through Transitions*. Dr. Sharyn Salsberg Ezrin, an applied psychologist, faced an unexpected health crisis that led to her having to rebuild her work and life over a period of three years. This book originated from the discovery that many other baby-boomers like her had stories of their own transitions.

Her advice on facing an unplanned transition will help you understand how the process can become healing or beneficial. She also offers a framework for planned transitions, an approach she has used and developed over the years in her professional practice. Her wealth of insight and experience is enriched by inclusion of transition stories she collected during in-depth interviews.

Ultimately, Salsberg Ezrin believes a work or life transition is an end in itself, not just a means to an end. In this book, she shows that the key to moving through and beyond a crossroads in your life is to treat the transition as a time to build a new foundation for whatever comes next.

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