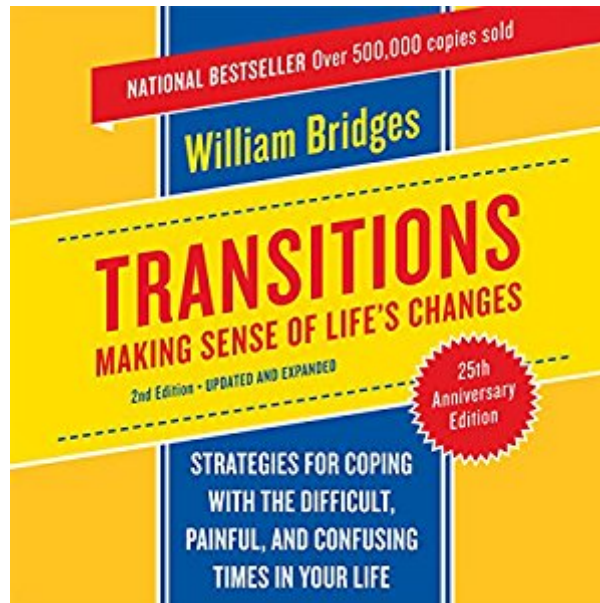




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# Transitions: Making Sense Of Life's Changes



## Synopsis

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. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Yeah, this is one of the best books that I read that could be said to fall vaguely into the self-help category, but it way less stupid. The message is actually fairly simple: Chill out, Rome wasn't built in a day, You can't hurry love. In my case: Retirement is a major transition. It takes time. Don't beat yourself up over not knowing what to do.

After the death of a very close friend, my Leadership Coach (whom I think of as the therapist for Professional Me) suggested this book by an author whom he knew personally (and who

unfortunately passed away this spring). Reading it, I saw the truth of our shared American focus on the New of every change, without honoring the Old, or valuing the Neutral between. Since so few of the transitions of our lives are formalized or ritualized in a way to support the three phase reality of a change, this focus on Step 3 leads to false starts, and more difficulty than necessary. It's easy to find parallels in your own life as he describes the students in his Transitions classes, and gain his insight into how better to handle them. Some of his references are outdated, because this edition was written more for Baby Boomers, but the takeaways are valid and easy to apply. I have recommended this book to others and already loaned by copy to someone.

I'm currently in between employers, taking some time to review, reflect, and assess before moving on to my next job. A good friend of mine, when asked if he had any suggestions to help guide me through my current employment lacuna, recommended this book and it was great advice. Unlike many "self-help" books, it doesn't attempt to be a "how-to" guide for navigating life events. Rather, the author sets out a specific model for understanding the circumstances and experiences of those transitions, inverting the usual chronology of "beginning-stasis-ending" into one of "ending-chaos-beginning", and identifies the underlying aspects that accompany each stage of the transition. The concepts and examples seemed to align clearly with my own situation; nearly every page contained some bit of content that matched my experiences. In particular, it's provided me valuable insight into navigating my current "in-between" state, where I'm trying to understand the circumstances that got me here and open myself to possibility. I still have a good amount of practical work ahead, but I can now approach it with an honest and clear mindset, and be prepared for whatever comes next.

This is a great book, however, I must admit that when I first came across it I was wary "Oh no, another self-help book". But this is a thoughtful, well-grounded and well-written book with many fine insights. Clearly, William Bridges knows something about life, that is real life. So, the book is interspersed with practical examples of a range of people wrestling with change. And here is the rub. The issue is not change or changes, as they happen all the time, the real issue is the work of transition. Changes include everything from leaving home, changing jobs or ending a relationship. We cannot avoid them. In fact, they often threaten to swamp us. The key issue is what is happening inside of us. This is about who we are. This is about identity. This is the work of transition. A change may take 5 months, but a transition may take 5 years. It is how we deal with the interior work of transition that can make or break us. In turn, the work of transition can help us deal with change,

present and future. As a counterexample, we all know people who run from one disaster to another, because they have not done the deeper work of transition. In this light, his work on endings is very helpful. In short, I would recommend this book to anyone grappling with change and what's happening to them in the process. Though the themes are familiar to psychologists, counselors, social workers, teachers and clergy, professionals would find this a refreshing approach.

If you are in transition at any age, this book is quite helpful. The author makes brilliant connections between the rites of passage of other cultures and the fact that they are lacking in our own. The second half of the book in particular, shows great wisdom.

I feel like the author honed in on my reluctance to face change. My divorce, loss of longtime job and looming loss of parent left me inexplicably frozen. Having the much healthier idea that i'm in limbo, in the woods for a time of introspection, freed me to look at where i want to go next to live my life with purpose. I think this book was very helpful.

I read this for a class on transitions because it is, like, the book. He has some interesting contexts for how to think about them but "neutral zone" always makes me think of Star Trek. :)

A classic on the inner psychology of life transitions. I read this at a point of great change in my personal life, and it provided a huge amount of context and solace for what I was thinking & feeling at the time. The perspective I gained from reading allowed me to understand a very large arc of my time here. For me, this book was truly profound. Bridges spent a lot of time meeting and talking with others going through transitions as he was also undergoing a massive period of change in his own life. The writing is very good, which is not surprising given that Bridges used to be a university professor of writing.

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