



## **Moving Through Life Transitions with Power and Purpose (2nd Edition)**

*Cara DiMarco Ph.D.*

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This concise book offers a course of action for people who are undergoing significant life changes (transitions) in the conduct, direction, or environment in their lives. Written in a very personal style, this book is filled with straightforward explanations, examples, honest questions, and journal exercises designed to guide the reader through any life transition. This book is a “road” for self-discovery and self-growth, leading to a renewed sense of strength and optimism. **KEY TOPICS:** Includes self-assessment, self-reflection, and journal exercises throughout the book. Offers systematic coverage of complex psychological topics in a lively, easy-to-read format, filled with light-hearted examples and humorous illustrations. For readers who are undergoing significant life changes.



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