

Untitled Document

"I'm sure my life was well within its usual frame, The day before you came . . . I must have gone to bed

Do you remember these lyrics? 'The day before you came' by Abba (although I got to know the song

Meeting someone new is a case in point. So is breaking your leg. Still, not all changes are thrust upon

Madisyn Taylor says that we are almost always in the process of learning something new, developing

It is a natural part of this process that things tend to get out of balance. When learning how to set boundaries

Sometimes a part of us must die before another part can come to life, says Madisyn. This can be a difficult

With each transition from one phase of life to another, you have to learn how to say good-bye to the old

Within any phase of your life there are choices, not necessarily of where to go, but of how and why

Many people would like to see the river they must cross as a battle, as a dragon you must slay so

For example: It's not about whether you should buy groceries or not. If you want to eat, groceries will

What you are choosing is your own story, which may be the most terrifying, complex, blissful and powerful

Don't waste energy protesting against what has happened in your life story. Ask yourself: Why is it good?

By choosing the way you tell your story, you take the first step towards the river you must cross. Is

So, girlfriend, just take the step in front of you. Right now.