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Everywhere people lead lives of what Henry David Thoreau called “quiet desperation”. People do the same

Adam Markel started feeling this pain and it prompted him to begin the long journey, moving from New York

If you look it up in the dictionary, a pivot is a fixed point supporting something that turns or balances

So, a pivot point is the centre of any rotational system. A pivot in ice skating is a two-footed movement in

In ballroom dancing, folk dancing and ethnic dances a pivot is described as a turn in which the person

Apart from the sheer ecstasy of it, what would be the point of pivoting if it takes you nowhere? Well,

Okay, girlfriend, it works like this. Think to yourself: What would I love? Whether it is an object, such as

Before you start mapping out the steps that will take you to the new house or the relationship you

Maybe for you it is a hobby, meditation or moving your body in dance or sport – anything that allows

Just take the story of June Burgess, owner and developer of the Fitzwilliam Hotel in Belfast, Ireland

June became one of Christy’s coaching clients when her world started falling apart. She was million

Needless to say, June felt caged in, restricted and had no sense of freedom. Then, after a long ab

And there it was, that elusive feeling of freedom she had so longed for. That was June's pivot poin

June says that we all have challenges. Sometimes it is so difficult to see how we will ever get beyo

It's never too late. Ask yourself: What would I love? How would getting what I'd love make me feel? V