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“The only constant is change.”

So said sixth century Greek philosopher, Heraclitus. Yep, he felt it in the sixth century – everything

“Sometimes this change is something we don't expect or don't want,” says wellness expert, Lissa Coffe

Most of us try to fight change . . . to no avail. You see, whichever way you choose to cope with ch

Christy Whitman says there are two parts to a transition, no matter what its size or scope: What yo

So, this is not a treatise on loss; it is one on transition. If you are getting divorced, you will miss out

How can you tell which end of the spectrum you're on? You look at how you're feeling right now. If

Madisyn Taylor writes that when we lose something that we cherish, the sense of emptiness can b

Of course it is important to honour what used to be, but a loss can also represent a chance for a n

Madisyn teaches that there are many ways to weave the threads of loss into a blessing. Say you've

By doing this you are not devaluing what you've lost. Neither are you replacing it coldheartedly. Yo

How would you feel if you knew with certainty that you wouldn't get stuck; that you could handle any

In 'Everything Is Here to Help You', Matt Kahn offers an emotionally supportive way to shift and open

This doesn't mean you'd be immune to disillusionment, disaster or desolation. Instead, you'll become

Girlfriend, it is only when you know that life is on your side, no matter how anything appears or seems

Nothing – neither event nor person – can ever take that away from you.