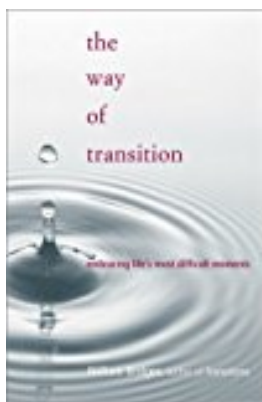


# [PDF] The Way Of Transition: Embracing Life's Most Difficult Moments

**William Bridges - pdf download free book**

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**Books Details:**

Title: The Way Of Transition: Embrac  
Author: William Bridges  
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**Description:**

When author Bill Bridges's wife died from breast cancer, he began to question all his previous groundbreaking work on transitions. Having conducted seminars and written bestselling books ( , ), Bridges had built a reputation as an expert on the topic. And yet, "I felt now that my words had totally failed to match in depth the experience of actually being in transition," he explains. After floundering in self-doubt for months after his wife died, Bridges embarked on a spiritual pilgrimage

through Wales. During his visits to sacred sites, Bridges began to see that he hadn't been misguiding people. Rather, he simply had *more* to offer on the subject of transition--more depth, more spirit, and above all else, more experience. So at 66 years old he wrote this excellent and highly personal book in which he examines the pain and challenge of transition--how it is a time of letting go of the past while taking hold of the future.

Because Bridges weaves his personal story into the narrative he comes off as a wizened sage rather than a cocky aficionado. "Change can come at any time, but transition comes along when one chapter of your life is over and another is waiting in the wings to make its entrance," he begins. "Needless to say it is impossible to imagine a new chapter is starting when your wife's death has just closed down what feels like your whole life. You simply cannot imagine a new chapter...." Overall, this is a book that offers an abundance of insights without faltering into self-help clichés or specific how-to advice. Instead, Bridges examines the events that bring about transition (marriage, death, change of vocation, tragedy, and crisis) and why it's so important to fully experience these transitions and how they offer opportunities for closure as well as launch pads for enormous personal growth. Readers of *The Way of Transition* will find an author who manages to be humble, accessible, and highly intelligent as he weaves the writings of Tolstoy, Herman Hesse, Emily Dickinson, Carl Jung, and An&auml;laut;is Nin into his personal reflections. --*Gail Hudson*

**About the Author** William Bridges is a consultant and lecturer based in Mill Valley, California. Formerly a professor of English, he made a shift to the field of transitional management in the mid-1970s; out of his workshops grew a long career helping others through transitions. Past president of the Association for Humanistic Psychology, Bridges was rated by the Wall Street Journal in 1993 as one of the ten most popular executive development consultants in the U.S.

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