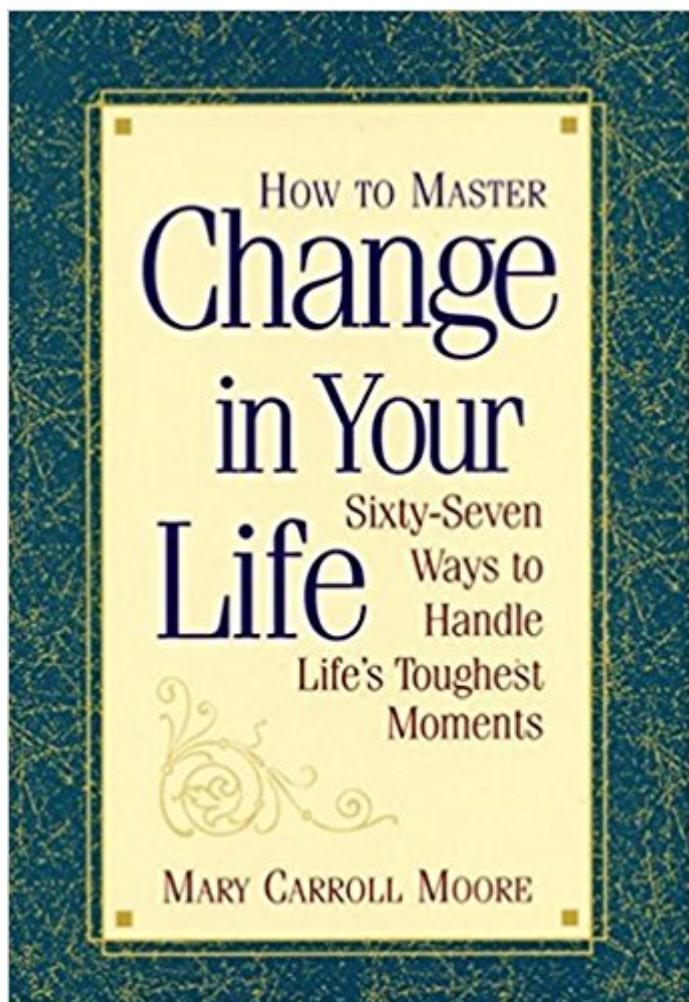


The book was found

How To Master Change In Your Life: 67 Ways To Handle Life's Toughest Moments



Synopsis

Everything is subject to change. At any given moment we face changes in health, career, finances, relationships, even our spirituality. These moments can be tough or sweet, but how we handle them will determine the course of the rest of our life. How do we handle it all? What's the secret? This book offers sixty-seven powerful techniques to embrace each challenge with courage, love, and grace. It shows you how to not only cope with change but master it. You can actually use change to achieve personal goals and make your life more spiritually fulfilling.

Book Information

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Customer Reviews

Do you wish that things could always remain the same? Have you found that they don't? Are you afraid that you lack the strength and ability to cope with on-going change in your life? Ms. Moore offers the concept that changes are gifts from a loving God, and invites us to consider the benefits, the inherent blessings contained in these gifts. She shares her own personal experiences in surviving cancer, and bankruptcy, just to mention a few. She also includes refreshing, insightful exercises to help one surpass the "helpless victim consciousness", and re-gain mastery over any situation. The book is further enhanced by true experiences of many of Ms. Moore's friends. Each recognized their need to change, for personal and spiritual growth. I especially liked the "Daily Problem Solver" passage, and the "Asking God a Question" exercise on pages 117-118. They are among the many tips presented in this remarkable book to help anyone handle life's difficult moments.

Recent changes in my life have made me feel confused and lost about myself and my life. I am still quite young and in the prime of my life for change and personal growth. I really was looking for a book that wasn't "out there" but was more down to earth and could help me deal with my feelings of confusion and help me set a path to my life. I am taking my days one at a time now and looking for the positive in every experience thanks to this book. I am a pretty conservative person and this book has helped me to open my mind and my heart. I highly recommend it to anyone experiencing any confusion about life or anyone who feels they need some guidance. This book is guaranteed to make you feel much more in control of your own destiny and feelings.

Through the honesty and courage expressed in this book, Mary Carroll Moore helped me facilitate change in my life! The exercises are simple, practical, and life-changing. It has become a handbook for me--every time I find myself facing a new level of change, I pull it out. Invariably, I put my hands on exactly what I need!

Having spent the last four years dealing with a life changing illness, I kept my head and heart above water with the tools that this book has to offer. Want to make change an ally in your life? Want to figure out how to roll with the punches and do more than just survive--but flourish? Then this book is something you want to look into. What I appreciated most about the book was the variety of tools offered--left-brained types, right-brained types and everywhere in between. While the book chronicles Mary's own journey with change and others as well, it mostly focuses on HOW you can work with change in your life

We used this book, *How to Master Change in Your Life* for our writers group and found the results more than satisfying. Each member of our group experienced tremendous growth in both our spiritual focus and personal lives. Our dedication to improving our writing went from hit and miss, occasional writing spurts to continuous output (which resulted in publishing success for some of us) blessed each of us. It's a must for people who want something in their life to change for the better. Especially writing groups.

Everyone of us knows what it is like to face changes, both small and large. How many times have you felt stuck and afraid as you watched your life changing before your eyes? Mary Carroll Moore offers a process for spiritually dealing with all types of change. Her creative and inspiring exercises offer opportunities for viewing change as a gift and tips for moving through change to a better

understanding of who you are and who you want to be. Her action packed book is an easy read and full of engaging antecedotes. The spiritual principles woven throughout provide inspiration and guidance. This book is a "must keep" reference tool you will be able to use over and over. I recommend it to all my friends and colleagues.

Mary Carroll Moore's book is the most practically useful book on coping with change that I have read. It is unique in addressing not just the emotional and psychological aspects of facing change, but the role of one's higher self. Moore recognizes that changes usually have deeper spiritual meaning. It is a profoundly spiritual book without being "religious."

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