



Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life

By Paul Edwards, Sarah Edwards

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The complete guide for anyone who faces sudden change at work, in technology, and in the world around them.

In *Changing Directions Without Losing Your Way*, the authors who helped pioneer the "working from home" revolution identify the six stages of change in business and in life. In each of these six stages, Paul and Sarah demonstrate how to understand and assess change for what it is, and then recast your career or other vital aspects of life to adapt to new realities.

Their new book is filled with concrete suggestions, allowing every reader to feel that he or she can gain control of whatever situation life presents.

From facing a new reality, releasing the past, finding an inner compass, embracing the future, developing a strategy, to putting the show on the road, the six stages of change are clearly explained. The book even shows how to develop better nutrition and health habits that energize the body during periods of stress. The authors supply useful and simple exercises to help readers understand their options. They also supply vivid examples of others who have successfully wrestled with the disruptions of job changes, downsizing, or changes.

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Editorial Review

From Publishers Weekly

The huge following the Edwardses have garnered for their books (Working from Home; Best Home Businesses for the 21st Century), seminars and media ventures give them a competitive edge over the many other self-help authors who have recently entreated readers to find their inner passion and translate it into a satisfying life plan. Yet their underlying practicality evident in their advice to readers to secure their immediate well-being before changing direction and their subtle and intelligent inspiration also distinguish them from the rest. Considered gurus by home business owners, the Edwardses predictably focus on making a practical connection with one's passion (i.e., using it to support oneself), often referring to their popular *Finding Your Perfect Work*. Assuming their readers are capable of introspection, self-discipline and self-education, they suggest exercises to ascertain one's true interests by describing peak experiences and identifying patterns among them. Intended to be done with a partner, these exercises might be easier in a workshop setting; in any case, they should help participants recognize patterns and build confidence. When it comes to handling the emotional aspects of change, however, the Edwards defer to practitioners of neurolinguistic programming for advice. Offering many devices common to the genre including a workbook approach with specific tasks, questions, challenges; a change journal; excellent self-quizzes; and true-life examples the authors consistently reinforce the importance of developing a careful strategy and doing one's homework. (Apr.) Forecast: With a Today Show appearance on March 19 and a 20-city satellite tour, the Edwards will rouse their considerable audience; this practical book has a solid shot at long-term popularity.

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From [Booklist](#)

Change happens, but usually neither easily nor smoothly and often begrudgingly. That explains the phenomenal success of Spencer Johnson's *Who Moved My Cheese?* (1998). This thin volume has perched atop best-seller lists for the past year with sales topping one million. Managers in large corporations hand out copies by the thousands to get their employees not only to accept change but also to embrace it. After all, that is the first and biggest hurdle. But what happens afterward? How do those facing change take the next step? That is where the Edwards come in. They have written more than a dozen books on home-based businesses but also manuals such as *The Practical Dreamer's Handbook* (2000) and *Finding Your Perfect Work* (1996). They guide readers step-by-step through six stages of change, showing them how to recognize it's time to move on, release the past, find their way, embrace the future, develop a strategy, and experiment and follow through. The Edwardses' advice is both inspirational and practical. *David Rouse*

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About the Author

Paul and Sarah Edwards are the bestselling authors of numerous books, including *Best Home Businesses for the 21st Century* and *Getting Business to Come to You*. They provide informative and inspirational advice on self-employment to millions of people through their radio and television shows, their on-line venues, and their popular newspaper magazine columns.

Users Review

From reader reviews:

Travis Wysocki:

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Sara Kelly:

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