



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

By Paul Edwards, Sarah Edwards

Download now

Read Online ➔

Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards

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.

 [Download Changing Directions Without Losing Your Way: Manag...pdf](#)

 [Read Online Changing Directions Without Losing Your Way: Man...pdf](#)

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

By Paul Edwards, Sarah Edwards

Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards

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.

Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards Bibliography

- Sales Rank: #3208758 in Books
- Published on: 2001-03
- Released on: 2001-03-05
- Original language: English
- Number of items: 1
- Dimensions: 9.12" h x .75" w x 6.12" l, .65 pounds
- Binding: Paperback
- 240 pages

 [Download Changing Directions Without Losing Your Way: Manag ...pdf](#)

 [Read Online Changing Directions Without Losing Your Way: Man ...pdf](#)

Download and Read Free Online Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards

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.

Copyright 2001 Cahners Business Information, Inc.

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*

Copyright © American Library Association. All rights reserved

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:

What do you consider book? It is just for students since they're still students or the item for all people in the world, exactly what the best subject for that? Simply you can be answered for that problem above. Every person has several personality and hobby for each and every other. Don't to be obligated someone or something that they don't would like do that. You must know how great along with important the book Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life. All type of book would you see on many solutions. You can look for the internet options or other social media.

Manuel Rodriguez:

This Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life are usually reliable for you who want to certainly be a successful person, why. The reason of this Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life can be on the list of great books you must have will be giving you more than just simple studying food but feed you with information that perhaps will shock your preceding knowledge. This book is handy, you can bring it all over the place and whenever your conditions both in e-book and printed ones. Beside that this Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life giving you an enormous of experience like rich vocabulary, giving you trial run of critical thinking that we realize it useful in your day action. So , let's have it and luxuriate in reading.

Elisa Hall:

Do you have something that you want such as book? The publication lovers usually prefer to decide on book like comic, quick story and the biggest the first is novel. Now, why not trying Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life that give your pleasure preference will be satisfied by simply reading this book. Reading behavior all over the world can be said as the way for people to know world much better then how they react in the direction of the world. It can't be claimed constantly that reading practice only for the geeky man but for all of you who wants to become success person. So , for all of you who want to start examining as your good habit, you may pick Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life become your own starter.

Sara Kelly:

In this time globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The actual book that recommended to your account is Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life this e-book consist a lot of the information in the condition of this world now. This kind of book was represented so why is the world has grown up. The terminology styles that writer make usage of to explain it is easy to understand. The actual writer made some investigation when he makes this book. That is why this book appropriate all of you.

**Download and Read Online Changing Directions Without Losing
Your Way: Managing the Six Stages of Change at Work and in Life
By Paul Edwards, Sarah Edwards #H2S089MJKUQ**

Read Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards for online ebook

Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards books to read online.

Online Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards ebook PDF download

Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards Doc

Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards Mobipocket

Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards EPub

H2S089MJKUQ: Changing Directions Without Losing Your Way: Managing the Six Stages of Change at Work and in Life By Paul Edwards, Sarah Edwards