



The Seasons of Change: Using Nature's Wisdom to Grow Through Life's Inevitable Ups and Downs

Carol L. McClelland

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A wise, helpful book that provides practical tools for one of modern life's greatest challenges -- Change.

True help for everyone -- no matter what difficult or exciting transition you are in! Provides a model based on the four seasons to help align you with natural forces.

Using a simple questionnaire, you can discover where you are in your transition process, how to move forward, and how to not get off track. Includes advice for building a strong support network for times of change.

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