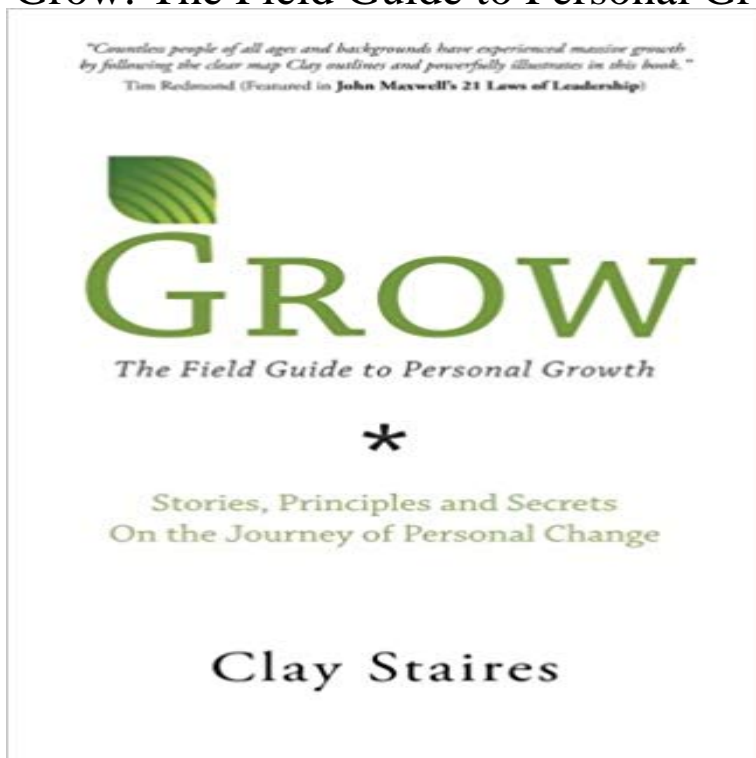


Grow: The Field Guide to Personal Growth



I feel stuck. I want to move forward, but I don't know how. I'm trying to figure it out, but I just go around in circles. I don't have enough time. I feel out of balance in my life. I'm in the midst of transition. Do any of these phrases sound familiar to you? You are designed to consistently grow and adapt. However, in our human quest for control, we look for predictability. We think, If I can predict it, I can control it. Growth requires change and change, whether planned or forced, always disrupts the predictability that makes us feel safe. That's why change often causes us to Freak Out! Can you relate to this? If you're in freak-out mode right now, you need the instruction in this book to help you prepare for what lies ahead so you can move through it successfully and confidently. If you're just coming out of freak-out mode, you need the lessons in this book to help you interpret your experience in a way that inspires you to live differently and help others that are stuck. If you're not in freak-out mode right now, you probably know someone who is and you need the wisdom in this book to help them gain perspective on what is happening in their life. This book is a map through personal change and transition. Welcome to the Journey!

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