

Endings, Letting Go, New Beginnings.

The only constant is change. — Heraclitus. And boy, do we resist it! Endings leave a big hole and new beginnings are scary. But only in letting go and opening to the present is there the possibility of creating something better. These books and presentations can help.

William Bridges, *Transitions: Making Sense of Life's Changes*, 2nd edition (DaCapo Lifelong, 2004). This book came out in 1985 and is still one of the most helpful books on navigating change I've ever read.

Benjamin and Rosamund Zander, *The Art of Possibility: Transforming Professional and Personal Life*. (Harvard Business School Press, 2000). Such a joyful and inspiring book! The Zanders, like me, were inspired by the work of Werner Erhard and Landmark Education. His [TedTalk](#) has 15 million views...

In his [terrific TedTalk](#), Jules Evans, a British practical philosopher and expert on Stoicism describes the Greek philosophy that was the basis of Cognitive Behavior Therapy (CBT). Even though I had no knowledge of Stoicism or CBT when I created Thin Within back in 1975, I now recognize striking similarities in our approach to life problems. You may also appreciate his book, *Philosophy for Life* (New World Library, 2012).

Yongey Mingyur Rinpoche, *In Love With the World: A Monk's Journey Through the Bardos of Living and Dying* (New York: Spiegel & Grau/Random House, 2019).

Cherie Carter Scott is known today as the “mother of life coaching.” I was one of her first clients back in 1975, and as a result of her probing questions back, I somehow came up with the idea for Thin Within. Her wonderful book, *If Life is a Game, These Are the Rules* (Broadway Books, 1998) distills her hopeful philosophy of a life worth living.

Marie Kondo, *The Life-Changing Magic of Tidying Up*, and *Spark Joy* (Berkeley: Ten Speed Press, 2016). Kondo is definitely worth a read if you also suffer from clutter problems. Extra pounds and extra stuff often go hand in hand. Attachment to our stuff is not that different from attachment to our food.

Barbara Sher, *I Could Do Anything if I Only Knew What it Was: How to Discover What You Really Want and How to Get It* (2010). So much wisdom for the midlife adult who is ready for change. A classic.

Patricia Madson's little book of maxims, *Improv Wisdom* (Crown Publishing, 2005) marries what she learned from decades of teaching improv at Stanford with her training in Buddhism. You never know what life will throw you, and this is how to joyfully roll with it. It's a book I reread every year and my go-to favorite book gift to give.

Alan Lakein, *How to Get Control of Your Time and Your Life*. (New York, Signet, 1973). Lakein was the original time management guru. His famous question: “What is the best use of my time right now?” is no less relevant today than it was decades ago.