

how to thrive  
through life's transitions  
to live fearlessly  
and regret-free

# THRESH- HOLDS

SHERRE  
HIRSCH

author of  
*We Plan,  
God Laughs*

# Thresholds Thrive Through Transitions Fearlessly

**L Reisser**



## **Thresholds Thrive Through Transitions Fearlessly:**

**Thresholds** Sherre Hirsch, 2015-08-18 Whether it's our cozy bedroom, our toy strewn family room or our newly renovated kitchen, we all have our favorite rooms in our homes. But when do we ever think about the thresholds? We spend a lot of time traversing thresholds both in our homes and in our lives. Of course, this is not a book about how to build a house; it is a book about how to build a rich and rewarding life. When I talk about the thresholds of life, I am referring to those times of transition when we are moving from the way we were accustomed to living to a new way of thinking, feeling, and being. Every one of us will experience many such moments. Some will be exciting: a new job, a marriage, the birth of a child. Others, the death of a parent, an empty nest, a divorce, will be painful. Either way, crossing from a room that is comfortable and familiar into one that feels uncertain and unpredictable can be terrifying. But what if, instead of viewing these thresholds as barriers or obstacles, you could see them as doorways to bigger and better opportunities? If you could embrace change as a wellspring of motivation rather than a source of fear? If the thought of the unknown future left you feeling empowered and excited instead of paralyzed? Here, Sherre Hirsch draws on decades of counseling individuals of all faiths and religions, the wisdom of ancient stories, research from psychology, and tales from real life to help readers summon the faith, courage, and confidence to embrace the exhilarating new possibilities and experiences that lie across the threshold. With her signature warmth and empathic style, Hirsch, like a trusted friend, wise counselor, and spiritual advisor rolled into one, guides readers through the most challenging and the most blessed transitions of their one precious life.

**Your Personality and You Workbook** Yael H. Dubin MD, PhD, 2022-07-26 Learn, grow, change. Discover your own amazing potential and explore how you can grow into your best self. Filled with introspective exercises, this personal growth book will help you become the person you want to be, with better relationships and a more positive sense of your future. From setting goals you're passionate about to practicing self-love, you'll find the tools you need to make meaningful changes. Deepen your self-knowledge. Exercises draw from popular personality theories and contribute to the personality changes you're working toward. Embrace new perspectives of yourself. Learn ways to move past the limiting beliefs that have been holding you back with effective strategies like creating positive affirmations and overcoming the fear of appearing judgemental. Find additional support. Complete this workbook on its own or alongside the *Your Personality and You Journal* for further guidance. Become the best version of yourself with the *Your Personality and You Workbook*.

**The Telling Workbook** Mark Gerson, 2022-03-08 Transform your understanding of the Haggadah. In the national bestseller *The Telling*, author Mark Gerson changed the way thousands of people think about the Haggadah and approach the Passover Seder. Now Gerson invites readers to go even further and explore the Haggadah in an interactive new way. *The Telling Workbook* will help readers dig into the rich teachings of the Haggadah with reflections and questions designed to spark discussion with friends and family and deepen their insight into the meaning of the Passover Seder and the timeless book at its core. With *The Telling Workbook* as a guide, readers will be equipped to transform their yearly Passover

Seder from a well loved tradition into a powerful celebration of heritage and an inspiring act of faith that echoes throughout the year

Suddenly Single After 50 Barbara Ballinger, Margaret Crane, 2016-07-08 A stressful protracted divorce A difficult painful death of a beloved husband And suddenly after age 50 you re on your own again Your children have moved out your parents are aging fast or deceased your friends lives continue onward seemingly unchanged Being suddenly single after age 50 can be terrifying but eventually it can also be liberating It can be fraught with worry and decisions you re unprepared initially to make but it can also be a time to reevaluate reestablish and reinvent It can be financially and emotionally unstable at times but it can be the start of a new chapter or the discovery of someone you didn t know you were or could become after the grief of a loss so difficult Long time friends and authors Barbara Ballinger and Margaret Crane have a lot in common Both lived in the same city for years Both are writers Both married their husbands right out of college Both are mothers of grown children who have left home And both had aging parents when these difficult journeys began Both found themselves alone husbands lost to divorce and death two separate situations that were equally traumatic for Barbara a divorce that took four years to end and for Margaret a five year gut wrenching siege of myriad cancers that ended in death Barbara and Margaret struggled but discovered not only that their new lives were indeed worth living but that the insight gleaned from their experiences could help other people in similar straits The result is Suddenly Single After 50 an honest and riveting yet funny and poignant guide that provides advice for those who find themselves divorced widowed or otherwise suddenly single just about the time they start getting those AARP cards in the mail and while many of their friends are gleefully discussing retirement plans and toasting milestone wedding anniversaries Suddenly Single After 50 is told with authenticity wit and compassion They discuss living alone attending social events alone eating by themselves sleeping alone walking and traveling alone then how they also came to feel they were not alone not really with loyal friends and family They share how their once right sized houses suddenly felt empty too big and too full of stuff that no longer made sense They write about all the legal and accounting woes that befell them And they tell readers what it s like to be over 50 and dating again after decades out of that scene which had changed in unfathomable yet often hilarious ways Suddenly Single After 50 addresses what life is really like when it s suddenly shaped as single It helps readers understand the grief frustration and sadness alongside reawakening into the world Anyone who finds themselves suddenly single in middle age and beyond or knows someone who is will find in these pages both advice and reflection support and a way forward

**Thresholds** Sherre Z. Hirsch, 2015-08

Thriving Through Transitions Jocelyn Kuhn, 2018-06-22 Have you ever wondered why some people seem to thrive as they experience change while others seem to crumble at the idea Thriving Through Transitions offers an insightful perspective along with an easy to follow 5 Step process for turning life s greatest obstacles into opportunities to thrive Praise for Thriving Through Transitions Jocelyn inspires with wisdom and guides with specific tools to mentor navigation of significant life transitions Thriving Through Transitions is informed insightful and an essential instruction manual for personal transformation David

Krueger MD CEO MentorPath This is one of the best books about transitions that I've read in a long time I appreciate how the book helps us understand appreciate grow and fall in love with transitions in life The book's tone is so supportive loving empathetic and cuts to the chase on how to thrive I would recommend this book to any of my friends or clients that are ready to give up old stories and start living a life of abundance Jolynn Swafford Abundance Expert and Coach Thriving through transitions is a powerful yet practical approach in navigating life's momentous transitions Jocelyn's personal story of transforming her struggles into thriving is why she is the ultimate authority She truly practices what she preaches and has lit the path for anyone ready to break free Michelle Sorro Extra TV Host Brand Lifestyle Strategist Author The Mindset Mashup Podcast *Thriving Through Transitions* Jevonnah Ellison, 2025-04-22 If you were around during the time of Coronavirus Pandemic in 2020 and the years that followed then you absolutely know something about transition From having our worlds turned upside down to face mask wearing becoming the norm we've all dealt with our fair share of transitions Regardless of whether your transition has been recent or was several years ago this book will show you how to thrive in the midst of them You'll discover Lady J's custom signature 3 Part Thrive Framework that will equip you with the tools skills mindset and strategy to help you thrive through any transition With God's help you can overcome the trauma of bad decisions loss and heartbreak and discover ways to thrive through them You'll laugh you'll cry and most of all you'll think deeply about your own life and it's direction You'll take action in the right direction to create the life you truly want So grab a cup of your favorite drink and prepare to immerse yourself in these true stories of thriving through challenges set backs bad decisions and loss Discover how God is truly at the center of your bitter disappointment He promised to never leave you Something good can and WILL still happen just for you Let the journey begin **How to Thrive through Transition** Annie Page, 2015-11-19 Written by Annie Page a coach and trainer qualified in NLP After having ups and downs through her own personal and professional life including redundancy the opening of her own business and the devastating effects of the recession Annie Page has gone through many changes However still standing strong today and having saved her business by dealing and working with change and would like to pass this knowledge on to others After researching change further and how it can affect people Annie has developed her model Point of Transition and has given it more substance to become Thrive through Transition Thrive through Transition is a tried and tested method that Annie has successfully applied to many of her clients This book takes you through the latest version of her method *Transition: Life's Unavoidable Reality* Robert Mitchell, 2016-02-06 Do you ever feel that just as soon as you get comfortable in your life everything changes Why do bad things happen to good people Have you ever wished you didn't have to go through hard times Transitions are a constant in life and this book will help you successfully navigate those inevitable changes and look forward to the rest of your life with confidence Those who are enduring the pressure brought on by transition who know someone who is feeling overwhelmed or who want to be equipped for what's coming next in their life will find hope and direction Every transition has the potential to

stop you from living out your dreams causing you to arrive at the end of your life with tremendous regrets Our natural tendency is to accept things as they are with the belief that there s no way to relieve the anxiety associated with those transitions In the midst of transitions everyone wants to know How do I successfully get from here where it s no longer comfortable to there a better place Where can I get help to walk through this inescapable experience in my life Transition Life s Unavoidable Reality uses practical life experiences to show how it s possible to not only survive transitions but to thrive in the midst of them by exploring How to know when a transition is approaching What fly fishers and entomologists have to do with transition The three dimensions that are present in every life transition The adventures that await those who take that uncomfortable step into the unknown The transitions that accompany life s different stages from birth to growing up to relationships and dealing with aging parents and growing children How to thrive through vocational transitions Life s final transition Follow the steps in this book and get help in walking through the future transitions in your life You are not alone on this journey What s stopping you from jumping right into your next transition with a workable plan for success so you ll be positioned correctly when the next season of change comes

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