



Stay Sane Through Change: How to Rise Above the Challenges of Life's Complex Transitions

F. David Webster, Tolulope A. Adeleye

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If you feel overwhelmed by the constant changes life thrusts upon you, then this is the book for you. It provides a double message to help you overcome challenges of complex transitions in today's multi-faceted world. It gives you proven tools and time-tested strategies to handle a diverse range of life's transitions and use such as stepping stones to a better life. At the same time, Webster and Adeleye have drawn powerful insights from their own personal experiences and blended them with the model of Jesus Christ, the expert Change Manager to empower you in your situation.

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