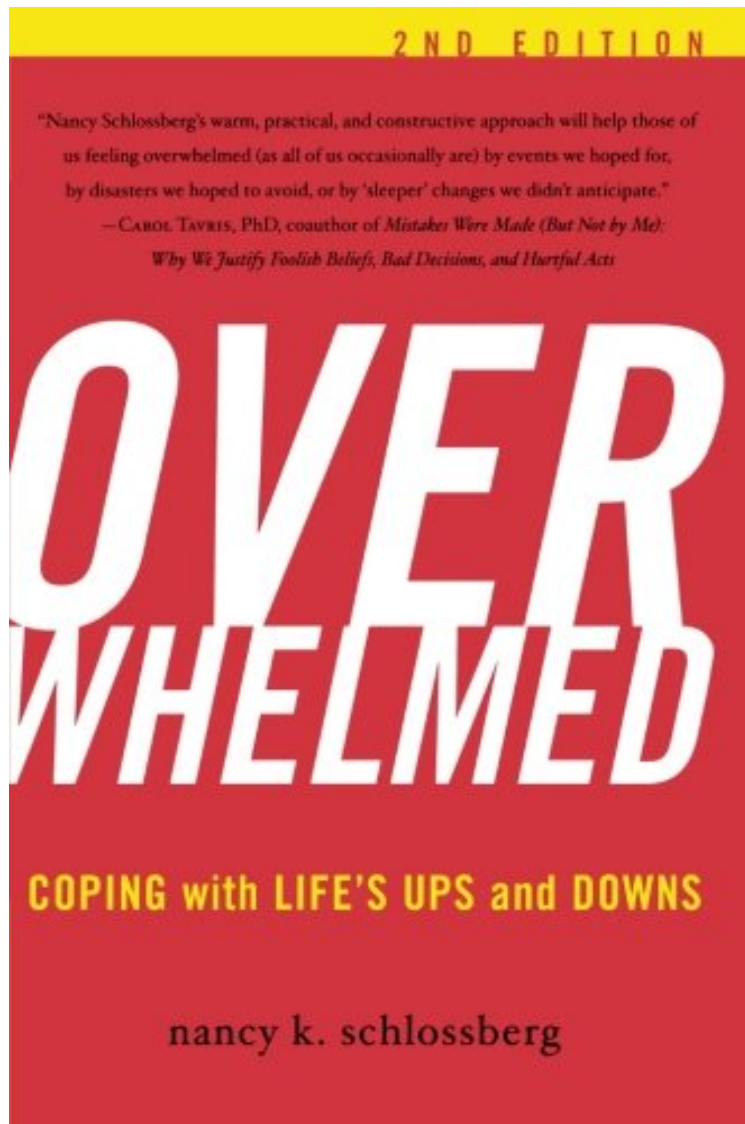


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Overwhelmed: Coping with Life's Ups and Downs

*Nancy K. Schlossberg Professor Emerita University of Maryland and author of 9 books including Revitalizing Retirement: Reshaping Your Identity Relationships and Purpose audiobook | *ebooks | Download PDF | ePub | DOC*



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0 of 0 people found the following review helpful. Great resource!By Tony EgglestonI read this book as one of many

for my degree in Psychology. This was very informative to how we process information. It really was a good read, had a good baseline of information all the way through. If you are feeling "Overwhelmed" or know someone and want to help this is a good resource for you. 0 of 0 people found the following review helpful. Very good analysis of transition
By Wolfgang W. This book is a practical guide to transitions and without sounding clinical. It analyzes types of transitions and how to manage them, very useful. Many can benefit from it as it has something to offer for most, if not all, people undergoing transitions. I recommend this book. 0 of 1 people found the following review helpful. Good Information
By Tonie This book is informative, and good for helping people understand themselves and their situation. The book provides advice on how to better navigate transitions, as well as how to employ resources to better manage stressful situations. I would recommend it to anyone who is facing a difficult transition.

Overwhelmed helps people make sense out of the transitions they face in every day life. This book is based on years of research studies of people moving, adults returning to school, people whose jobs were eliminated, retirement, non-events like not having a baby, not getting promoted. These studies resulted in the development of a generic framework for understanding any type of transition. Based on this research, Overwhelmed presents a step-by-step approach to turning overwhelming transitions into challenging experiences. By systematically sizing up transitions and one's resources for dealing with them, people can learn how to build on their strengths, cut their losses, and even grow in the process.

Nancy Schlossberg's warm, practical, and constructive approach will help anyone feeling overwhelmed (as all of us occasionally are) by events we hoped for, by disasters we hoped to avoid, or by "sleeper" changes we didn't anticipate. (Carol Tavis, Ph.D., coauthor of *Mistakes Were Made (But Not by Me): Why We Justify Foolish Beliefs, Bad Decisions, and Hurtful Acts*) Nancy Schlossberg's *Overwhelmed: Coping with Life's Ups and Downs* is a combination self-help book and personal improvement tool-kit. Professor Schlossberg tells great stories that teach and guide us to move from "overwhelmed" to "in control" as we face life's vicissitudes. What more could one ask for? (Bernard S. Arons, M.D., Psychiatrist and Executive Director/CEO, The National Development and Research Institutes, Inc. (NDRI))
About the Author Nancy K. Schlossberg is the author of eight books. She is co-president of TransitionWorks, a consulting firm; Professor Emerita at the College of Education, University of Maryland, College Park; and served as president of the National Career Development Association. She has been honored for her work by the American Psychological Association and the American Counseling Association. A frequent guest on radio and TV, Dr. Schlossberg's work was showcased on page one of USA Today, and quoted in The New York Times, St. Petersburg Times, The Wall Street Journal, and Cleveland's The Plain Dealer. She and her book are the focus of a 90-minute PBS pledge special, *Retire Smart, Retire Happy*.