



Everything I've Ever Learned About Change

Lesley Garner

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Change is inevitable. Nothing stays still. Like a speeded-up film, life is in constant motion from the molecular to the planetary level and we are changing right along with it.

Following the much-loved format of her last two bestselling books, Lesley Garner has distilled her observations on change into an irresistible collection of beautifully written essays. She gives many techniques for dealing with change, some drawn from her own life, some from the experience and skills of others. Whether you are desperately stuck in the mud or being swept away in the current of your life, there are ideas here that will get you riding the inevitable, interminable waves, ideas that will even have you enjoying a thrilling ride.

Like her other books, *Everything I've Ever Learned about Change* is destined for a long life on the bedside table.

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