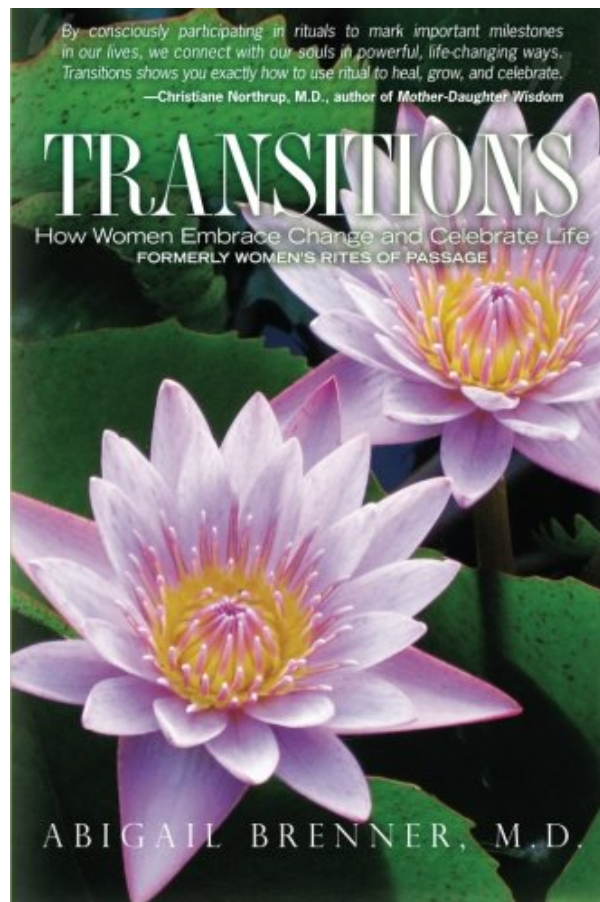
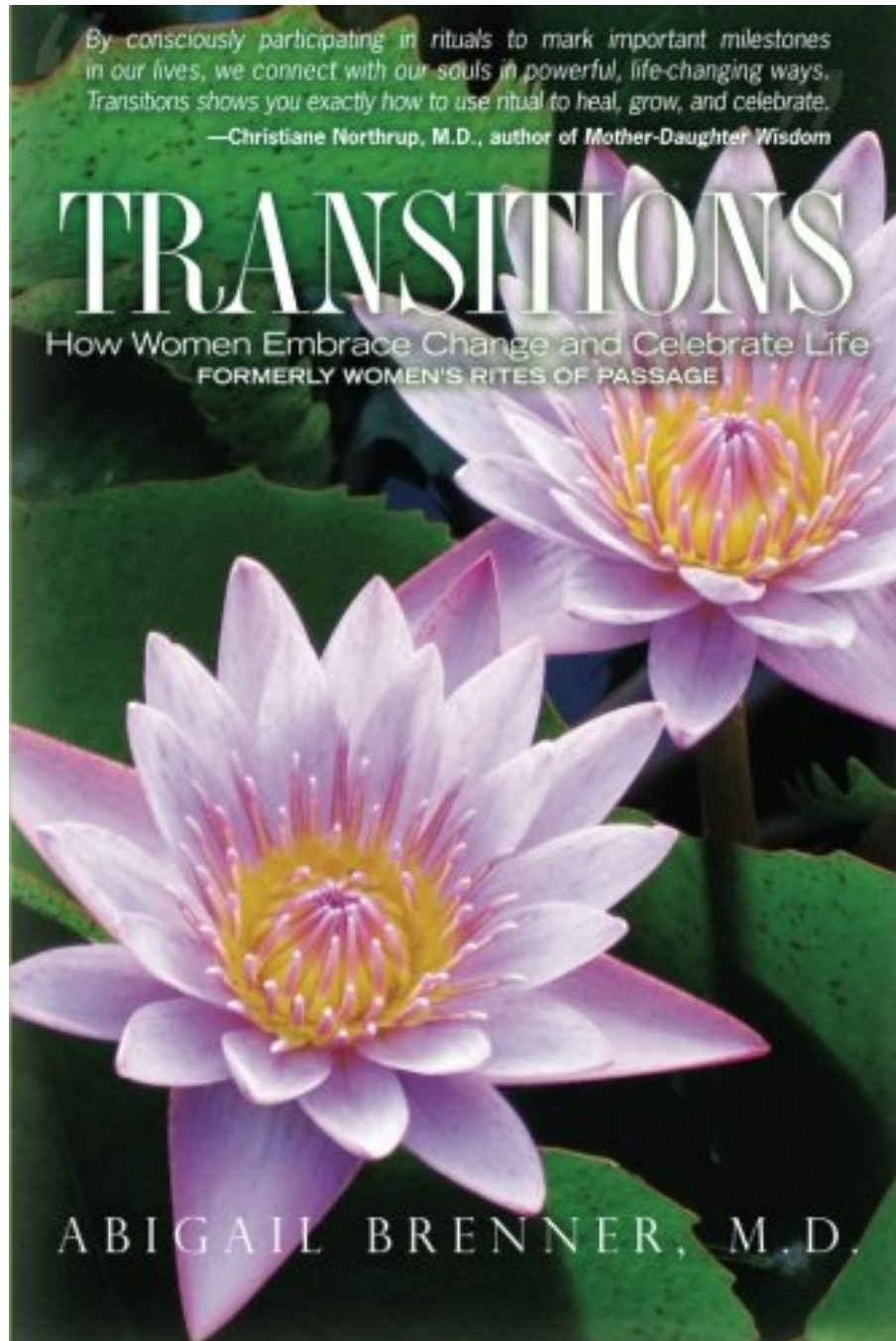


TRANSITIONS: HOW WOMEN EMBRACE CHANGE AND CELEBRATE LIFE BY ABIGAIL BRENNER MD



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Review

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"Ceremonies and rituals have been key in indigenous cultures for thousands of years to mark transitions and rites of passage in an individual's life. Abigail Brenner brilliantly shares stories and information of the importance and power gained by bringing ritual and ceremony into a modern-day culture and the healing that occurs in doing so. Her personal depth, her research, and her ability to share her case studies make **Transitions** an engaging and important book to read. Well done!" --Sandra Ingerman, author of *Soul Retrieval and Medicine for the Earth*

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"In this substantive paperback, she takes on the challenge of reconnecting women to their important life transitions while giving them the tools to honor those transitions and understand their significance in the broader scheme of their lives!... **Transitions** by Abigail Brenner is a helpful and handy resource." --Review, *Spirituality and Practice*

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Throughout their lives, women go through big changes, but what makes some women embrace these moments while others feel as if they are about to fall apart? Psychiatrist Abigail Brenner believes that the answer lies in how we consciously mark these changes and allow them to change us. Full of personal stories and case histories, Transitions explores the passages that are meaningful to contemporary women and then supplies the tools, creative projects, and rituals to honor these occurrences. Full of provocative discussions, inspiring personal stories and anecdotes from Brenner, Transitions is dedicated to helping women identify, respond to, and celebrate their times of growth.

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Review

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Great Self Help/Healing Book

By Maria Gagliano

What I Can Tell You: I am not big on self help books because I feel that most of them say things that are so blatantly obvious that it almost seems condescending to read it. However, this one was smart and thorough full of intelligent solutions that can help woman or men work through the transitions of life giving tools and observations that will inspire and heal.

My favorite chapter deals with religion and spirituality. I loved her Spirit Principals to Live By especially the Live an Open Life where she states "Everything for your journey is already with you." She is right you know? It is the world that messes us up, our foundations, upbringing, etc. We come into this world completely ready for everything and then life gets in the way of clarity. Also, "Be faithful to yourself!" Has there ever been a more real statement! So many people, if they were just faithful to themselves and WHO

they are, would just be so much more happier. We feel we have to be a certain way, around certain people, we compromise who we are, what we feel, think, want, yet, it gets us no where but feeling unfilled.

This isn't a one night read. This is one of those books that you scan, find gems throughout, open randomly or when needed.

I highly recommend this book!

0 of 0 people found the following review helpful.

Transitions:How Women Embrace Change and Celebrate Life

By Sunny Schwartz

Brenner writes with great intelligence, passion and skill. This is a must read for all-whether you are going through the daily routines of life or are in the midst of challenge and extraordinary times. I just gave a copy of "Transitons" to a colleague who's sister is struggling with substance abuse and mental illness and she was very thankful as Brenner's book helped ground her and got her through these hard times--This book will bring solace and interest to everyone who dares to think and view outside the box!

Sunny Schwartz, Author of Dreams from the Monster Factory

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Illuminating

By Kathleen Kent

Dr. Brenner consistently offers, through all of her books, sensitive, insightful and experienced observations on the lives of women, especially through periods of change or loss, and advice in coping with these day to day challenges, whether they be physical, emotional or spiritual. Her advice is thoughtful and practical; helping the reader to effectively confront stressful and challenging events. She illuminates the importance of ritual and encouragement from family, friends and community.

Kathleen Kent

author of The Heretic's Daughter

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