

**TOUGH TRANSITIONS: NAVIGATING YOUR WAY  
THROUGH DIFFICULT TIMES**

**Mae Hackmann**

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## **Transition phases are tough – these 6 insights help me navigate mine**

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But the things you absolutely can control are your thoughts. It was in those moments when my mind expanded and ideas outside of my existing paradigm hit me. If you want to be notified of new transition related posts, sign up . Tweet0. The book didn't flow as well as it could have if it had been more focused. Top Reviews Most recent Top Reviews. Apple Books.

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