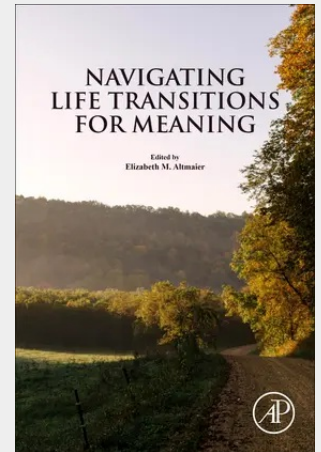


Navigating Life Transitions for Meaning

Navigating Life Transitions for Meaning explores the central human motivation of meaning making, and its counterpart, meaning disruption. The book describes different types of specific transitions, details how specific transitions affect an individual differently, and provides appropriate clinical approaches. The book examines the effects of life transitions on the component parts of meaning in life, including making sense (coherence), driving life goals (purpose), significance (mattering), and continuity. The book covers a range of transitions, including developmental (e.g., adolescence to adulthood), personal (e.g., illness onset, becoming a parent, and bereavement), and career (e.g., military deployment, downshifting, and retiring). Life transitions are experienced by all persons, and the influence of those transitions are tremendous. It is essential for clinicians to understand how transitions can disrupt life and how to help clients successfully navigate these changes.

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