



Overwhelmed: Coping with Life's Ups and Downs

Nancy K. Schlossberg

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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 systemically 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.

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