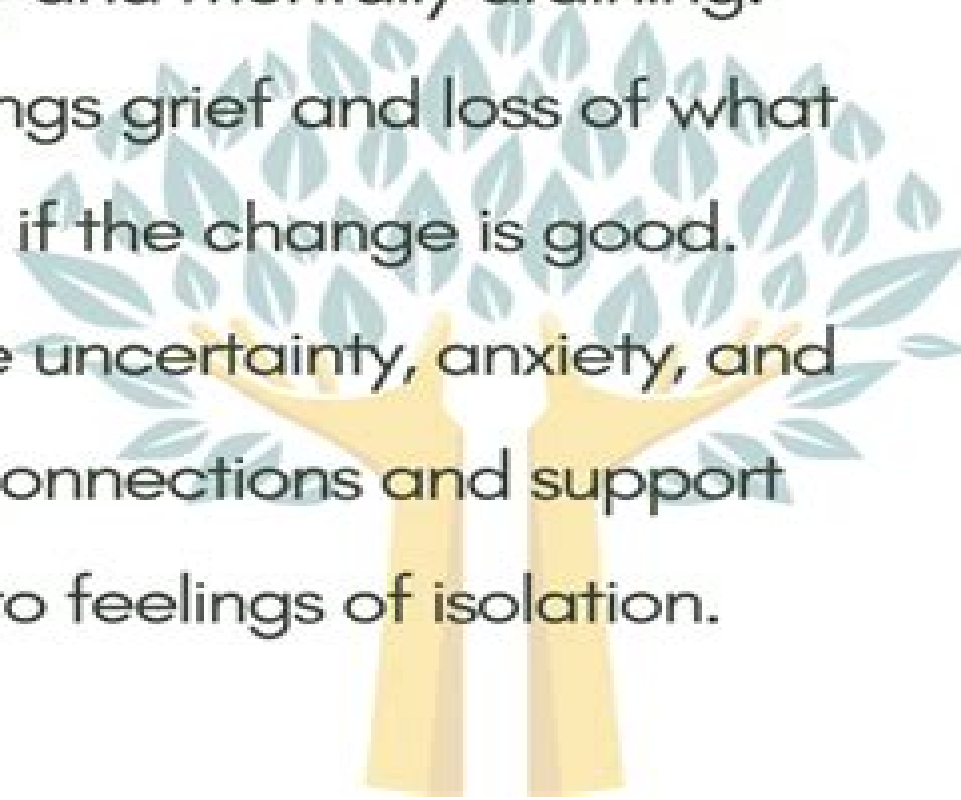


Why Are Life Transitions So Hard?

Struggling with life transitions is common as they require adjusting to unfamiliar situations, which can be emotionally and mentally draining.

Nearly all change brings grief and loss of what was familiar, even if the change is good.

Transitions can cause uncertainty, anxiety, and can disrupt social connections and support systems, leading to feelings of isolation.



Taming Your Turmoil Managing The Transitions Of Adult Life

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