Exploring Transitions: Key Quotations

1. ‘Life is pleasant. Death is peaceful. It’s the transition that’s troublesome.’
   Isaac Asimov

2. ‘Disenchantment, whether it is a minor disappointment or a major shock, is the signal that things are moving into transition in our lives.’
   William Throsby Bridges

3. ‘A lot of people resist transition and therefore never allow themselves to enjoy who they are. Embrace the change, no matter what it is; once you do, you can learn about the new world you’re in and take advantage of it.’
   Nikki Giovanni

4. ‘Grief is perhaps an unknown territory for you. You might feel both helpless and hopeless without a sense of a ‘map’ for the journey. Confusion is the hallmark of a transition. To rebuild both your inner and outer world is a major project.’
   Anne Grant

5. ‘I suppose whenever you go through periods of transition ... it’s going to be both very upsetting and also very exciting by very nature because things are changing and you don’t know what’s going to happen.’
   Daniel Radcliffe

6. ‘Being a writer is an endless study in human transition and lessons learned or forgotten or misapplied.’
   Sloane Crosley

7. ‘Look on every exit as being an entrance somewhere else.’
   Tom Stoppard, Rosencrantz and Guildenstern are Dead

8. ‘... transition emphasizes opportunity for growth within.’
   William Bridges, Managing Transitions

9. ‘Transitions themselves are not the issue, but how well you respond to their challenges!’
   Jim George

10. ‘I don’t believe in idle time. Even in transition, you should still be in preparation. You can’t expect for the future to fall in your lap.’
    Anonymous