

WHY I WROTE THIS BOOK

Quite frankly, I wrote this book because I needed to help myself. I was going to lie to you and portray my life as being as calm and perfect, or as professionally trained and educated therapist probably should. You know the perfect guru type. However, this is not the case, I have struggled and walked many times into the darkness. I was going to portray myself as a “self-help” expert who knew all the answers (or most of them anyway).

The problem was that when I started writing this book my life as I knew it fell apart. I was asked to leave a job I had given up my personal autonomy for and then my wife asked for a divorce not long afterwards. I quickly descended into an emotional hell that few people around me realized I was experiencing. I started going to some very dark places . Alcohol and suicidal ideation became constant companions in my life for a few months during this time.

However, I knew that there must be a way out of this depressive quagmire I was slowly sinking in. Over the years, while counseling other people, I had developed a simple system to help my clients manage their stressors and deal with abrupt change or transitions. I called this modest method the CAB system. The CAB system is based upon Cognitive Behavioral Therapy (CBT), a form of psychotherapy used successfully by many mental health professionals for a number of decades.

By implementing this system in my own life, along with a new found love of reading practical philosophy of life texts, I slowly began to heal and become whole again. The CAB system is not a panacea and may not help everyone who is suffering but it is a way to build psychological resilience and maybe even grow through adversity, rather than fear it and attempt to run away from it. I have used the CAB system with several clients over the years who experienced difficult transitions. They found the system to be useful and beneficial. It certainly helped me get to a place where I could not only function in the world again but display my creativity and engage with life again.

WHY YOU SHOULD READ THIS BOOK

Throughout life we all go through various transitions. In fact, transitions are happening all the time. Every day, people are experiencing something new, something unexpected. In addition to individuals, our societies and cultures are in a constant state of flux as well. Advancement in technologies and communication make for rapid change. Change creates anxiety for many, people can find it difficult to adjust to new circumstances.

As our global village gets smaller and smaller, people are experiencing possibilities like never before: traveling to far off places, working and living in other countries, creating and collaborating with others from all over the world. It is a wonderful time to be alive but many people find this increase in the pace of life to be stressful. As an employee or contractor, people now have twenty-four hour access to you, something unheard of prior to the internet.

As someone who lived in small town for a year in rural Virginia can attest, global travel is happening everywhere. Once upon a time, it was unusual to see any strangers in the town where I lived. Before I left, I witnessed a large group of Asian tourists walking around the town and taking pictures of the local architecture. Humans are more mobile than ever.

Some people love and embrace these changes, others struggle with these fast paced changes. Changes in our society are not going to get slower, in fact if anything they will become faster. It would be beneficial for people to know how to deal with this constant flux of change.

Putting aside global and societal changes though, let's talk about personal changes. The transitions one experiences throughout a life span. Everyone, at some point, will experience both positive and negative transitions. Positive transitions include completing an academic program, marriage, starting a new job, starting a family and moving to a new place. Negative transitions would be experiences such as grief and loss: divorce and death of loved ones, losing a job and the aging process.

Everyone will experience these various changes; the positive ones may be easier to navigate than the negative transitions. However, all of these transitions will be difficult in their own way. Do you know

how to work through these personal transitions, both the positive and negative? If not, then this book is for you.