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The Heart of Your Move: The Woman's Relocation Guide to Easing the Stress, Comforting the Soul, and Listening to Her Heart

Carolyn Masters

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Now, you can turn to a gentle, sisterly voice to have a smoother, more rewarding relocation journey -- before, during, and after your move. Let The Heart of Your Move help you face your toughest challenges when relocating. Like having a transition coach at your side, you'll better understand your feelings about this major upheaval as you: find the motivation to climb the mountain of change known as "moving," balance both the art and heart of your move to soften your stress, get in touch with your losses and set up meaningful goodbyes, and celebrate your new life -- and a new YOU! Through her encouraging new book, Carolyn Masters teaches you how to ease the stress, comfort your soul, and listen to your heart. She artfully coaches you through three "heart" stages of a woman's moving experience: Gracious Goodbyes, Muddled Middle, and Harmonious Hellos. This trusted guide will help you turn your moving challenge into a heartfelt journey.

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