

Shirley Buccieri— — Handout Session 1

Further Reading about Transitions

Life is in the Transitions by Bruce Feiler

Man's Search for Meaning by Victor Frankel

Ikigai: Giving Every Day Meaning by Yukari Mitsuhashi

The Mindful Self-Compassion Workbook by Kristin Neff

Beginners by Tom Vanderbilt

The Power of Insecurity by Alan Watts

Dare to be Vital by Alan Mishra