



The Gifts Of Change

Nancy Christie

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According to *The Gifts of Change*, the most ordinary of daily events can lead to a better understanding of oneself and inspire a new life perspective — the "gift" that comes with the change. The book asks three questions: Do you keep the promises you make to yourself? Do you have memories that nourish you and feed your soul? Do you really know yourself, what you're capable of doing, all the people you are capable of being? In sharing her own answers as well as those of people she has interviewed, Nancy Christie offers readers a chance to evaluate and welcome change in their lives as a tool for growth. Individual chapters cover such topics as The Pantry of the Soul (stocking up for future needs); Yoga Stork Pose (keeping our focus); The Mouth of the Tiger (leaving the comfort zone); and The Danger of "Excessive Obligations" (refusing unearned debts).

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