

<p>www.eagleprep.com</p> <p>“Change starts when someone sees the next step.”</p> <p>William Drayton</p>	<p>www.eagleprep.com</p> <p>“Going through a major life change can cause the same emotional reactions as going through a death. You may have to deal with stages of immobilization, denial, anger, bargaining, depression, testing, and acceptance. It is normal and natural to experience these emotions when major change occurs.</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.simpletruths.com</p> <p>“Change is inevitable. Growth is optional.”</p> <p><i>The Nature of Success</i></p>	<p>www.simpletruths.com</p> <p>“The root word for ‘motivation’ is ‘move,’ and movement is change.”</p> <p><i>The Nature of Success</i></p>
<p>www.simpletruths.com</p> <p>“Sometimes in the winds of change we find our true direction.”</p> <p><i>The Nature of Success</i></p>	<p>www.eagleprep.com</p> <p>“With a clear understanding that happiness is an internal characteristic and not an external force, you can change your life and move toward joy.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“The first step toward change is acceptance. Once you accept yourself, you open the door to change. That’s all you have to do. Change is not something you do, it’s something you allow.”</p> <p>Will Garcia</p>	<p>www.eagleprep.com</p> <p>“Change is never easy. Even good or positive change can be difficult and trying.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>
<p>www.eagleprep.com</p> <p>“Your ability to change and adapt is directly tied to how you feel about yourself and how secure you are with your own abilities.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>	<p>www.eagleprep.com</p> <p>“In this fast paced ever-changing world of technology, change occurs so rapidly that you scarcely have time to learn one thing before it is outdated and the world has moved on.”</p> <p>Dr. Robert M. Sherfield <i>THE EVERYTHING SELF-ESTEEM BOOK</i></p>