



Experiencing Endings and Beginnings

Isca Salzberger-Wittenberg

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Throughout life we have to deal with major and minor changes in our circumstances, with beginnings and endings of relationships, losses and gains. Such changes often cause great emotional upheavals. How we deal with these determines whether they lead to physical, mental, emotional, spiritual growth or the opposite: arrest of development, hopelessness, depression despair or mental break-down. This book examines how different individuals approach and manage endings and beginnings in the life cycle from babyhood to old age and what helps or hinders them to learn from these experiences.

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