



Thresholds: How to Thrive Through Life's Transitions to Live Fearlessly and Regret-Free

Sherre Hirsch

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Whether it's our cozy bedroom, our toy-strewn family room, or our newly renovated kitchen, we all have our favorite rooms in our homes. But when do we ever think about the thresholds? We spend a lot of time traversing thresholds - both in our homes, and in our lives.

Of course, this is not a book about how to build a house; it is book about how build a rich and rewarding life. When I talk about the thresholds of life, I am referring to those times of transition; when we are moving from the way we were accustomed to living to a new way of thinking, feeling, and being.

Every one of us will experience many such moments. Some will be exciting - a new job, a marriage, the birth of a child. Others - the death of a parent, an empty nest, a divorce – will be painful. Either way, crossing from a “room” that is comfortable and familiar into one that feels uncertain and unpredictable, can be terrifying.

But what if, instead of viewing these thresholds as barriers or obstacles, you could see them as doorways to bigger and better opportunities? If you could embrace change as a wellspring of motivation rather than a source of fear? If the thought of the unknown future left you feeling empowered and excited, instead of paralyzed?

Here, Sherre Hirsch draws on decades of counseling individuals of all faiths and religions, the wisdom of ancient stories, research from psychology, and tales from real life, to help readers summon the faith, courage, and confidence to embrace the exhilarating new possibilities and experiences that lie across the threshold. With her signature warmth and empathic style, Hirsch, like a trusted friend, wise counselor, and spiritual advisor rolled into one, guides readers through the most challenging – and the most blessed – transitions of their one precious life.

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