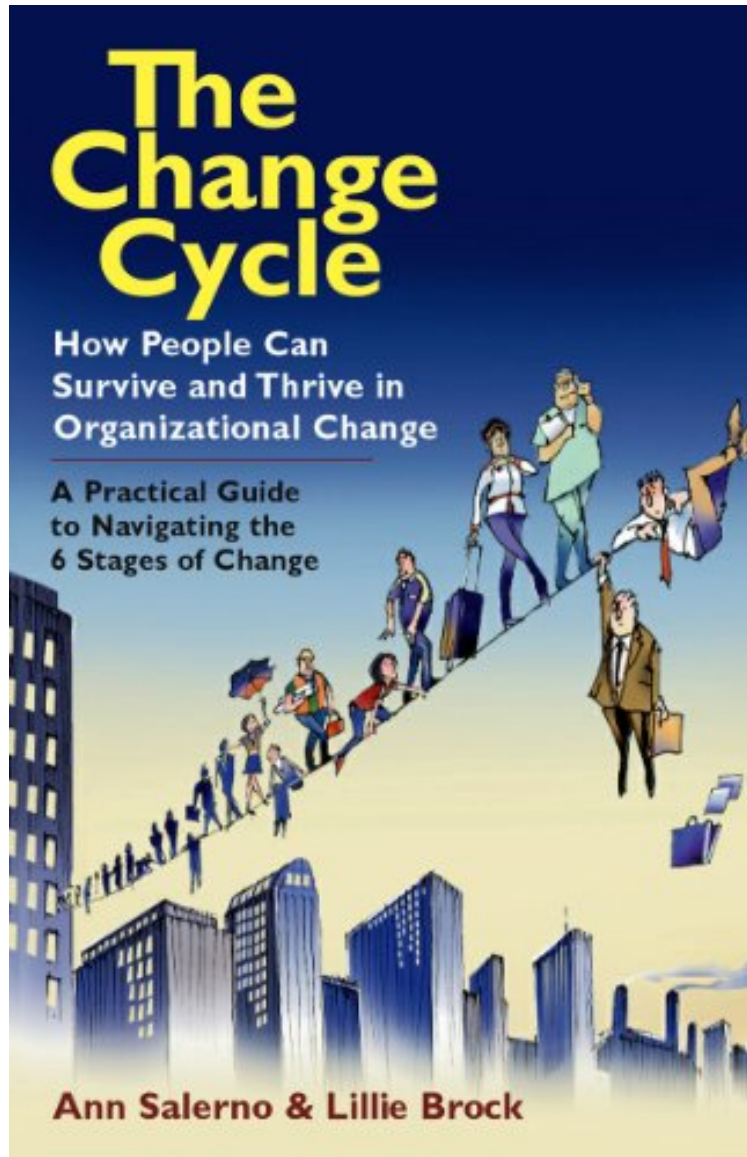


[FREE] The Change Cycle: How People Can Survive and Thrive in Organizational Change

# The Change Cycle: How People Can Survive and Thrive in Organizational Change

*Ann Salerno, Lillie Brock*  
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**Ann Salerno, Lillie Brock : The Change Cycle: How People Can Survive and Thrive in Organizational Change** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Change Cycle: How People Can Survive and Thrive in Organizational Change:

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helpful. Change happens; this book will help you keep your head about you when it happens to you!By Bonnie L. DoolinThis book is easy to read and extremely practical. There are many books about Change Management; the anecdotes in this particular book help both executives and employees understand their own reactions and the reactions of others when change happens.

Dealing with organizational change is about getting through the emotion and commotion with minimal damage to your blood pressure, career, relationships, and confidence. In *The Change Cycle*, Ann Salerno and Lillie Brock help readers cope by explaining the six predictable and sequential stages of change—loss, doubt, discomfort, discovery, understanding, and integration—and offer examples, tools, and success strategies so you can move resourcefully through each stage. Each chapter focuses on a single stage of the Change Cycle, described in a lively, informal style peppered with frequent humor. Utilizing stories and essays about the ways people, departments, and teams have successfully dealt with challenges, Salerno and Brock offer examples, tools, and success strategies so individuals at all levels will know what to expect from themselves and others and will be able to resourcefully move through each stage. Based on the authors' fifteen years of experience in hundreds of companies and government agencies worldwide and firmly grounded in recent discoveries in social psychology and cognitive neuroscience, *The Change Cycle* will help readers at all levels take responsibility for how they react and respond in a changing work environment.