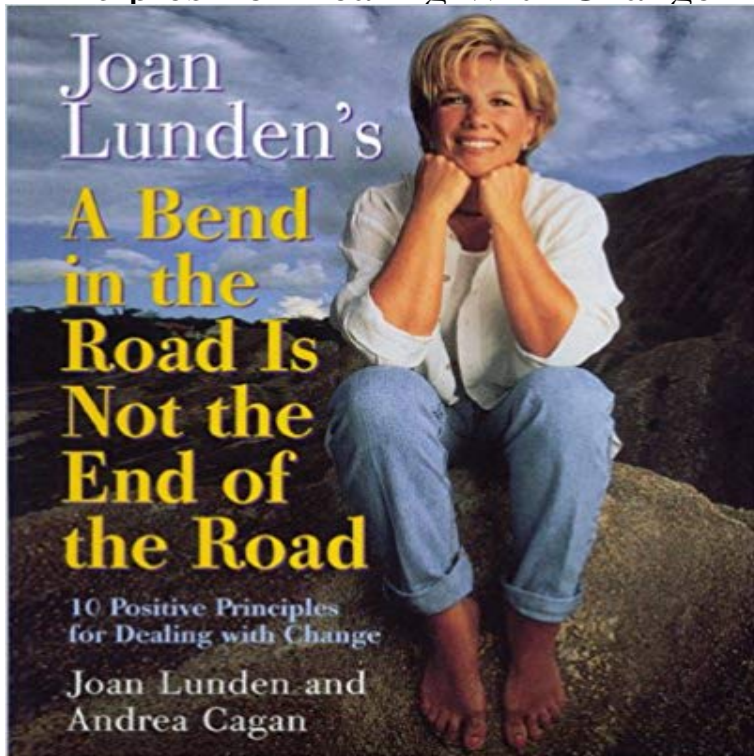


Joan Lunden's A Bend in the Road Is Not the End of the Road: 10 Positive Principles For Dealing With Change



With millions of Americans watching, one of the nation's most popular television personalities, Joan Lunden, made a life-altering transition with grace and ease as she brought to a close two decades of hosting Good Morning America. For the first time Joan candidly reveals how she approached such an enormous challenge as an opportunity for growth -- and how you can, too. For each change that occurred during the course of those twenty years, Joan had an entire nation watching her respond, commenting on the things that she did, critiquing the way that she did them, and putting forth opinions on what she should do next: People I had never met constantly offered me suggestions about how I should handle my divorce, how I should raise my children, and the career choices I should make after GMA. I was a private citizen with the normal stresses that a mother, wife, and businesswoman endures on a daily basis, going through life's changes in a public arena. We all go through change. Whether it's an illness in the family, a divorce, teenagers acting out, losing a job, having to move, or kids leaving the nest, one thing is certain: Change is the only thing we can count on. Yet, while change is the one constant in our lives, it often produces the greatest amount of fear. In this inspiring new book, Joan shows us the importance of staying levelheaded in the face of crisis no matter what or whom you're facing. Both an intimate self-portrait and a practical blueprint for living a happier, more fulfilling life, *A Bend in the Road is Not the End of the Road* proves once again why so many viewers have followed Joan Lunden for so many years.

Joan Lunden's A Bend in the Road Is Not the End of the Road: 10 Positive Principles For Dealing With Change by Lunden, Joan Author only for Joan Lunden's A Bend in the Road Is Not the End of the Road: 10 Positive Principles For Dealing With Change. by. Joan Lunden, . Andrea Cagan (Goodreads To read Joan Lunden's A Bend in the

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