

'SHIFT HAPPENS': MAKING SENSE OF LIFE AFTER GETTING FIRED



Author James D. Feldman knows a few things about change. Having to go through rough health problems and financial calamity within the past decade, he's had to totally rethink not only how he lives, but also the way in which he views the challenges he's faced and the world all around him. One way that Feldman found to embrace the change was to--as many people have during this digital age--take on he social media to not only reconnect with his friends and colleagues but to also make a few new ones. Through the online conversations, he learned that many of them believed that he was innovative in both how he had viewed the world and his problem-solving techniques. "And I thought, 'Wouldn't it be interesting to share that with other people?'" said Feldman, especially in the really bad times. And thus the new book "Shift Happens!" was created. Here is some insight into the book: **Who's the book for?** It is for anyone that is out there struggling right now. Whether you are out of work or you are out of school, or going through downsizing. Everyone is out there looking for some kind of answer as how to shift their own life, rather than having those shifts take place without your own control. It's really a book about taking control of your own life. **Why write it right now?** Now is always the best time. **What is original about this book?** This is not your typical self-help book. This is a self-think book. This is really where you sit down and you create a "to-be" list, as opposed to the typical "to-do" list. The difference is that it is just one list. Instead of trying to add to the list all of the time, day in and day out, you can just look at it and say, "At the end of this month, at the end of this year, what is it that I am going to try and do differently today that is going to get me some better results than I got yesterday." **So, was it written for people with a lot of time on their hands, or is it for those who don't have enough?** It is actually written for both. But it was written more for the people who do not have enough time on their hands. It is a poor economy right now. Everyone is being asked to deal with less and less resources. If you had a job, then you are taking on the responsibilities of six other people who no longer work there. I am basically telling the reader, "Ask yourself: 'Am I satisfied with everything as it is, and what could I do today that will impact tomorrow? There is nothing that I can do about the past. But if I choose to get up in the morning, am I going to continue the same thing again and again?"