



What I Know about Jumping: Real life lessons on finding the courage to make major life changes

Marcie L. Boyer

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What I Know about Jumping:

Real life lessons on finding the courage to make major life changes—also known as ‘jumping off a cliff’—and how my grandmother’s secret-coded messages rescued me after jumping

“What I know about Jumping” is a thought-provoking self-help book/memoir about making major life changes (“jumping”). The book explains how to know when you need to jump, how to go about it gracefully, what to expect afterwards, and how to deal with the results and consequences. The author has made many jumps herself, so her advice is sound, her words supportive, and her voice compassionate.

Whether you have made drastic changes to your life already, or are contemplating doing so, this book will guide you through the process, while revealing to you the changes the author has gone through herself. The book’s language is easily understood, the topic is contemplative, and the reading is both lighthearted and deep.

Change and growth are a natural part of life; we all must do it. This book shows you how to tackle the more substantial life changes that are sometimes necessary. Do yourself a favor and immerse yourself in the phenomenal knowledge this book provides that will change your life for the better.

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