



The First Pancake: A Recipe for Delectable Life Transitions

By *Tory G. Wilcox*

Download now

Read Online 

The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox

The First Pancake provides guidance for those undergoing a life transition using an original, understandable pancake metaphor that normalizes the transition process and encourages the reader to strive for more delectable pancakes. Tory Wilcox is a psychotherapist who provides the ingredients for managing life changes through the five stages one goes through when enjoying a batch of pancakes: the wake-up call, then the first pancake, through the blender to the perfect pancake, and finally digestion. The wake-up call encourages an examination of initial life decisions like careers and life partners. Wilcox asks us to pitch the less fulfilling pancakes or choices and start over, causing our emotions to be tossed around in a blender. Once we have realized more perfect pancakes, we can digest the changes, feel confident about making more rewarding choices and remember to keep adding to our stack. Wilcox offers concrete coping tools, self-help exercises, and resource recommendations along with real-life examples and proven strategies. Through her innovative approach to teaching others how to successfully handle inevitable life transitions, Wilcox provides comfort and empowerment to those who believe self-fulfillment can be achieved in life through a new way of thinking and acting about change.

 [Download The First Pancake: A Recipe for Delectable Life Tr ...pdf](#)

 [Read Online The First Pancake: A Recipe for Delectable Life ...pdf](#)

The First Pancake: A Recipe for Delectable Life Transitions

By Tory G. Wilcox

The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox

The First Pancake provides guidance for those undergoing a life transition using an original, understandable pancake metaphor that normalizes the transition process and encourages the reader to strive for more delectable pancakes. Tory Wilcox is a psychotherapist who provides the ingredients for managing life changes through the five stages one goes through when enjoying a batch of pancakes: the wake-up call, then the first pancake, through the blender to the perfect pancake, and finally digestion. The wake-up call encourages an examination of initial life decisions like careers and life partners. Wilcox asks us to pitch the less fulfilling pancakes or choices and start over, causing our emotions to be tossed around in a blender. Once we have realized more perfect pancakes, we can digest the changes, feel confident about making more rewarding choices and remember to keep adding to our stack. Wilcox offers concrete coping tools, self-help exercises, and resource recommendations along with real-life examples and proven strategies. Through her innovative approach to teaching others how to successfully handle inevitable life transitions, Wilcox provides comfort and empowerment to those who believe self-fulfillment can be achieved in life through a new way of thinking and acting about change.

The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox Bibliography

- Sales Rank: #7134732 in Books
- Brand: Brand: iUniverse
- Published on: 2008-12-08
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .30" w x 6.00" l, .74 pounds
- Binding: Hardcover
- 120 pages

 [Download The First Pancake: A Recipe for Delectable Life Tr ...pdf](#)

 [Read Online The First Pancake: A Recipe for Delectable Life ...pdf](#)

Download and Read Free Online The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox

Editorial Review

About the Author

Tory Wilcox, LMHC, MBA, is a psychotherapist, coach and author who became an expert on life transition through both academic and experiential training. After earning an AB from Harvard and an MBA from Columbia University, she gained twenty years of progressive management experience in financial services. She then left the business world to make a better pancake, and now helps others to find greater life satisfaction through her work as a coach, therapist and writer. She lives in Jacksonville, Florida with her two sons and their Goldendoodle.

Users Review

From reader reviews:

Valerie Hemming:

What do you think of book? It is just for students because they are still students or this for all people in the world, what the best subject for that? Merely you can be answered for that problem above. Every person has several personality and hobby for each other. Don't to be compelled someone or something that they don't desire do that. You must know how great in addition to important the book The First Pancake: A Recipe for Delectable Life Transitions. All type of book would you see on many options. You can look for the internet methods or other social media.

Heidi Montgomery:

Do you have something that you enjoy such as book? The reserve lovers usually prefer to opt for book like comic, small story and the biggest some may be novel. Now, why not hoping The First Pancake: A Recipe for Delectable Life Transitions that give your entertainment preference will be satisfied simply by reading this book. Reading behavior all over the world can be said as the opportunity for people to know world better then how they react in the direction of the world. It can't be stated constantly that reading addiction only for the geeky particular person but for all of you who wants to become success person. So , for all you who want to start studying as your good habit, you may pick The First Pancake: A Recipe for Delectable Life Transitions become your current starter.

Kirk Mathews:

Are you kind of stressful person, only have 10 as well as 15 minute in your moment to upgrading your mind ability or thinking skill possibly analytical thinking? Then you are having problem with the book than can satisfy your short period of time to read it because this all time you only find book that need more time to be go through. The First Pancake: A Recipe for Delectable Life Transitions can be your answer given it can be read by you who have those short time problems.

Bonnie Vassallo:

Reading a book for being new life style in this year; every people loves to go through a book. When you examine a book you can get a lot of benefit. When you read books, you can improve your knowledge, simply because book has a lot of information on it. The information that you will get depend on what sorts of book that you have read. If you wish to get information about your analysis, you can read education books, but if you want to entertain yourself look for a fiction books, this sort of us novel, comics, and also soon. The The First Pancake: A Recipe for Delectable Life Transitions offer you a new experience in examining a book.

Download and Read Online The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox #932HRJGOTQK

Read The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox for online ebook

The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox books to read online.

Online The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox ebook PDF download

The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox Doc

The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox Mobipocket

The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox Epub

932HRJGOTQK: The First Pancake: A Recipe for Delectable Life Transitions By Tory G. Wilcox