"Reviewing this book has been an absolute joy! I wish I could put it in the hands of every single nurse. It SHOULD be in the hands of every single new nurse..."

Tilda Shalof, Critical Care Nurse (Toronto General Hospital) and author of "A Nurse's Story" and "The Making of a Nurse" (www.nursetilda.com)

"From Surviving to Thriving: Navigating the First Year of Professional Practice is a powerful document for novice nurses who are starting their life-long career in an amazing profession. This book is also a must-read by employers, managers, educators, experienced nurses and members of the health care team. Transition from student to practitioner is a major life event. To make the transition successful and to grow into a confident professional requires external factors like the right environment, right mentors, and must be coupled with internal personal factors like the desire to learn and be the best one can be. This book should become one of those classics documents that each one of us ‘new and experienced’ keep at our side and open the pages often to gain energy and inspiration to support and nurture our future nursing community.”

Dr. Judith Shamian, President, Canadian Nurses Association (www.cna-atic.ca)

"From text books to practice! Yes, this is an old subject and one Judy has been able to bring to the top of our agendas with both research and humor. In the nurses' union movement, we call it 'where knowledge meets know-how' and From Surviving to Thriving: Navigating the First Year of Professional Practice...does just that. Bravo!”

Linda Silas, President, Canadian Federation of Nurses Unions (www.cfnu.ca)

" From Surviving to Thriving...how appropriate!! This book presents a powerful and accurate 'how-to guide' for Licensed/Registered Practical Nurses making their transition into the ‘real’ world. Very enjoyable read and I only wish this had been available 30+ years ago when I was graduating. Can't wait for the sequel!"

Ann Mann, RN, MN, Executive Director/Registrar, College of Licensed Practical Nurses of Nova Scotia and Chair, Canadian Council for Practical Nurse Regulation

"Along with 'we're our own worst enemies', one of the mantras of nursing is ‘nurses eat their young.’ I have always hated these two phrases. Which is why we need this book. It will help nurses nourish their young and become their own best friends. Rather than simply theorizing, From Surviving to Thriving: Navigating the First Year of Professional Practice helps new nurses and those who should be their mentors, create a welcoming—rather than hostile—work environment. But be warned, a cursory ‘glance’ at this book is not enough. What’s really required is to put its suggestions into practice and NOW is not soon enough!”

Once you recognize that you have invited a narcissist into your experience, life will never be the same. How to Heal from Narcissistic Relationships--from Surviving to Thriving. This course is designed to guide you on the path to real and deep healing from toxic, narcissistic relationships. What many people don't realize is that the people we engage with will always mirror who we are on the inside. They reflect our insecurities, self-doubts, tendencies to over give, and feelings of unworthiness. However, once you learn the (sometimes very loud) lessons these types of relationships provide