

LOOK INSIDE THE BOOK

Understanding the Seasons of Life

By Dr. Joke Solanke

Preface — Pages 1–2

Everything about life is seasonal—change is permanent. While people often prepare for predictable seasonal shifts in nature, many are unprepared for the unpredictable seasons of life. As a result, costly and irreversible decisions are sometimes made based on experiences meant only for a season.

Formal education equips people for careers, but life itself often lacks a structured training system. Understanding life as seasonal provides fortitude to endure difficult seasons while extracting meaning, purpose, and growth from every phase.

Understanding is the bridge between what you know and how you apply it.

Chapter 1 Opening — Page 3

The Constancy of Change

Change is one of the most consistent realities of life. Nothing remains static—relationships, circumstances, systems, or even personal identity. With change comes either growth or resistance, opportunity or adversity, depending on one's understanding and preparedness.

Every season introduces a crisis of adjustment. However, crisis does not have to result in collapse. When properly understood, seasons of change become instruments for transformation, maturity, and progress.

Change cannot be avoided, but it can be understood, managed, and maximized.

Excerpt from *Understanding the Seasons of Life* (Preface, Pages 1–2; Chapter 1, Page 3).

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