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My Next Season Announces New Book to Help Navigate Life, Career in Post-COVID-19 Landscape

“Living Into Your Next Season” offers perspective, counsel and resources from change experts to help others thrive through transformation

May 27, 2020 — Career and life transitions advisory firm My Next Season announced the publication of a book intended to help those whose lives and careers have been disrupted by the novel coronavirus crisis.

Authored by proven leaders in transition and change, "Living Into Your Next Season: Moving Forward After the Crisis of 2020" is designed to help individuals at all phases of career and life thrive in the wake of a pandemic that's brought unprecedented disruption to the world. Proceeds from sales will be donated to the Foundation of the National Association of Student Nurses, a scholarship fund providing financial support to nursing students in need.

"Living Into Your Next Season" addresses some of the compelling questions we face as individuals and society, like "Where do we go from here?" and "What learnings can we carry forward?" and also offers pragmatic tools and techniques that can guide and support people through the sudden career and life transitions that the crisis has ushered in.

The book was conceived by My Next Season co-founders Dr. Leslie Braksick and Mark Linsz, who in April tapped a range of voices, reflecting the vast, yet personal impacts of COVID-19, to express, share, help, and enable others to process and navigate their own transition.

"COVID-19 has upended our world, our lives, our routines, ourselves. As experts in career and life transitions, we wanted to create something compelling that would be helpful to people now and in the future. We have the opportunity to be intentional in our reflections and learnings—making us stronger and better going forward," Braksick said.

"Living Into Your Next Season: Moving Forward After the Crisis of 2020" is available from Amazon Publishing in hard copy and digital versions. The book will also be available as an audio edition via Audible.

As part of this initiative, My Next Season is also making available for free a host of their exclusive resources, including tools, worksheets, and more. Those can be found at www.livingintoyournextseason.com.

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About My Next Season

My Next Season (mynextseason.com) provides companies and individuals with support in navigating strategic career transitions such as succession, retirements, and development of high potential leaders. These transitions need to happen exceedingly well for the company's success, culture and reputation, and for the individuals impacted by the changes.