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## **Transcending Personal Apocalypse: Replace Your Beliefs, Revitalize Your Future**

### **Testimonials**

"If ever you have experienced a dark night of the soul – when the bottom drops out and you and your reality fall apart and you eventually hit rock bottom without hope or any sense of how to carry on – then this book is for you. How good it would be in times like these to have a caring and compassionate friend to accompany you. One who understands what you're going through, has been there

themselves, and can help you find your way out. In *Transcending Personal Apocalypse: Replace Your Beliefs, Revitalize Your Future*, Douglas Breitbart and Fabian Szulanski show up in precisely this role. Rather than offer quick fix remedies or feel-good solutions, they lead you on an empowering exploration of self-inquiry. "Each of us is the creator of our life," they affirm, so they offer a journey that is "about replacing low-level but pervasive fear, with a profound sense of wellbeing; and a shift ... to curiosity and excitement about what the future has in store." In short, it is a book about unstuckedness through "a process of self-inquiry, in service to provide a clean slate upon which a new life story can be written." I also share this quote from George Bernard Shaw which came to mind as I read your book: "Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will."

**Alexander Laszlo, Ph.D.**

**President**

**Bertalanffy Center for the Study of Systems Science**

"Unlike other books, Breitbart and Szulanski do not attempt to give the magic recipe to change our lives by telling us how to do it in a simplistic way. The proposal is to accompany us in the search for disruptive episodes in personal history (AP) that could condition us in the choices and behavior patterns that today limit us and prevent us from living our lives with a personal, unique sense, according to our potentialities. and real possibilities.



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From this perspective, they emphasize "being" and the search for genuine identity (who am I?) Rather than automatic "doing" that compulsively repeats frustrations and failures. Interesting proposal in the current contexts of uncertainty and social anguish, in which diving into our interior and building a new autobiography becomes a precious and essential asset. The authors, in this sense, successfully motivate us for this deep exploration prior to action. Let's accept the challenge. Congratulations!"

**Martín Yechúa**  
**Executive Director**  
**Asociación de Directorios Asociados**

"Doug and Fabián have put words to the subconscious struggle that is life for so many of us. This eternal wisdom can bring transcendent light to even the darkest of personal apocalypses."

**Hayden Smith**  
**Transformation Lead**  
**Siemens Energy**

"Reader beware! This book is NOT written in the typical style of a self-help book. It bypasses all the old ways of working with trauma and goes straight to what lies at the heart of everything, YOU!

This book supports you to take a different look at life and most of all how you respond to what life has given you. This book is not an easy read. It will keep you on your toes, it will trip you up, it will make you want to burn it, yet most of all it will be there to help you gain your center and empower you in a way that is unique to you. Only you can bring you back to the authentic being you are. This book guides and empowers you to take your power back."

**Will Van Inwagen**  
**Founder**  
**Enlivening Edge Community Conversations**

"You ask, "Have I felt a life changing event... like the world has disappeared under my feet? Am I scared, anxious, tense, uncertain... unable to make sense or identify the way forward?"

OMG...how did you know? (You did know right?) This terrible virus and the total economic shutdown absolutely made my world disappear. I am scared and I can't really see the way forward. And I'm sure that's true for most of us.

Two choices in what to do. Either, we can hope that someone else will make things



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okay again or we can do it ourselves, for ourselves, our loved ones, and for our communities. I'm choosing the second; Do it myself for myself and my loved ones!

And to tell me how, along comes your great work, "Transcending Personal Apocalypse - Replace your Beliefs, Revitalize your Future." What you've created is a roadmap for transcending this monumental coronavirus challenge.

It's thorough and honest and relevant; and filled with good ideas and spot on insights. No! It's clear we're not going to go back to business as usual. To revitalize the future we need to replace a lot and make big changes. Thank you for explaining how to get started."

**Laurence Haughton**

**Head of R&D**

**Jason Jennings**

**Co-Author: The Highspeed Company**

"I can't imagine anyone going through life without a few personal apocalypses. Personally I've had quite a few, and this is the book I wish I'd read before the first one. If I had, it wouldn't have taken me so many personal apocalypses to figure this out. If you've had one, read it to prepare for the next one. If you're having one now, read it to get out of it. And if you haven't had one, then read it before you do. Life is about trial and learning, and the learning here is likely to serve you well, now and into the future."

**Gene Bellinger**

**Founder**

**System Thinking World**

**Author: Beyond Connecting the Dots**

"From a very motivating title, the authors reflect on "Personal Apocalypse" (PA), as a life event that is experienced as personally devastating. Who has not had a PA in his own life? The book inspires deep reflections from personal knowledge, without cases or recipes.

There are many experiences and signals that serve to highlight our path of transformation, after the impact of a PA situation.

I find this book both stimulating and a powerful read."

**José Luis Rocés**

**Past Executive President**

**Instituto Tecnológico de Buenos Aires**

**Author: El Líder Vital**



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"First you should know I love what you guys have written. As a 73-year-old who has managed a print company for 30 years and taught designers for 10, I have had a couple of serious traumas in my life. I speak as someone who knows it. I wish I had this book 20 years ago."

**Michael Josefowicz**  
**Founder**  
**Center for Global Study of Social Enterprise**  
**Creator: The PrinterNet Project**

"This book arrives at a most appropriate time. Every single one of us needs to master the art of transcending the unpredictable, especially in the times that we are living. The master key to the door of freedom lies with understanding how to break free from the chains of automatic thinking when faced with a life-changing event. This book offers a practical roadmap for doing just that."

**Juan Matías Fernandez Larghi**  
**Executive Director**  
**Inversora Altue**  
**Author: Acción**

"Transcending Personal Apocalypse" is a compelling read and I read it in one go. I found the book an easy read, although the underlying request requires your participation and sometimes the support of a professional.

This book takes the mystery out of these life changing events and opens you up to smorgasbords of choices. I was reminded of the many phases I have gone through during my life and how I could not help nodding away and as I read it."

**Amaranatho Maurice Roby**  
**Founder**  
**Playfulmonk Executive Coaching**

"For anyone who has experienced a traumatic event such as job loss, major illness, divorce or even a challenging situation, Transcending Personal Apocalypse is a must read. It takes you on a powerful journey of reflection and insight into the issues both personal and societal, which are at the heart of these painful yet ultimately transformative situations.



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Describing ways to separate the oftentimes overwhelming emotional energy from the experience itself, this book helps you to begin to work with and perceive these situations from a place of clarity, reconnecting you with your inner power and potential. Very inspiring!"

**Sharron Rose**  
**President**  
**Sacred Mysteries Productions**  
**Author: The Path of the Priestess**

"I'm particularly touched by the compassion expressed behind the lines in this book. This is a precious gift for many people living in a VUCA (volatile, uncertain, complex and ambiguous) world. I've had my personal apocalypse, and I'm sure we all have or will have a personal apocalypse.

What's fascinating about this book, I feel, is the clear and clean messages from an emergent and generative place. It is showing us a path to connect with our inner wisdom and recognize: we always have a choice and we're the source of light and wisdom."

**Chunfeng "Breeze" Dong**  
**Global Leadership Learning Program Manager**  
**ABB Switzerland AG**

"Well, here we are just entering a global crisis of huge magnitude and a great many of us are now suffering deeply through both the personal and collective apocalypse (Covid-19, that is), and with perfect timing along come Douglas and Fabian with some very welcome words of wisdom to guide us as we seek a firmed foundation of personal strength and surety.

This will surely help us to keep our balance as we navigate the turbulent time we are entering. The advice in this book is thus highly relevant and reassuring. Read this book, take it to heart, and put it into practice as well."

**Langdon Morris**  
**CEO**  
**InnovationLabs**  
**Author, The Big Shift**

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