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

### **Frequently Asked Questions:**

#### **What is a Personal Apocalypse?**

Many of us experience times or events in our lives when all that we know and believe vanishes before our eyes. This can be sudden, as with a personal health crisis or automobile accident, or over time, as with an impending layoff or loss of a loved one.

There can be many life events that have an apocalyptic impact. Some are within our control, and others are completely outside of our control. Some are rooted in work; others rooted in family or personal relationships; and some simply are a result of being in the wrong place at the wrong time.

What elevates an event to Personal Apocalypse status is the feeling that one's life and belief system is completely shaken on a catastrophic level. It is the magnitude of the impact on an individual's emotional, cognitive and embodied self-experiential level that determines whether or not it rises to the level of a PA, not the intrinsic magnitude of the event itself.

#### **Why "Personal Apocalypse"?**

We have sought to unpack the most common events; the experiential impacts on individual awareness and effectiveness; and the root causes of the chronic frustration that can arise from failing to achieve the desired result.

We have also sought to feel into and share our take on these experiences from the inside out, from a reader's perspective of being stuck in a post-PA life.

Our goal is to help those wrestling with post-PA challenges to make sense of their life and unique circumstances, and unpack and reframe their path forward.

## **What motivated you to write this book?**

As proud baby boomers, hailing from two different continents, with a handful of hats and careers under each of our respective belts; we have found ourselves and many of our friends, colleagues, and acquaintances sharing a common experience.

That experience is being confronted with a profound life-disrupting event; and recovery from it being elusive despite one's best efforts to do so.

## **Why didn't you include real stories, about yours or others' Personal Apocalypses, and how they were overcome?**

It was an intentional decision not to include these narratives; because we believe the challenges the reader faces are personal to him or her, unique, and theirs to solve. It is their story to write. The risk of providing others' stories is the subliminal suggestion that, "If I do what they did, I will get what they got."

The heart of this book is to emphasize that our reader is the best suited, equipped, and qualified expert on the subject of her or him, to define, develop and implement their life's transformation path.

## **Why do you say Transcending Personal Apocalypse is not a "How-To" book?**

We haven't sought to prescribe what the reader should do in the face of finding themselves under the effects of a PA. You'll note there are no recipes, templates, maps, canvases, or to-do lists provided.

Our sole desire is to help the reader transcend the fear-centered emotional overwhelm and self-judgment a PA can trigger; and to assist them in achieving an empowered and fully self-realized understanding of the life they can create.

## **Who do you believe will derive the greatest value by reading your book?**

We originally thought that 50+ professional males, like us, would be the target audience. However, after the process of circulating drafts, and soliciting feedback; we realized that the audience is in fact much broader. We now believe the Book speaks to folks, regardless of gender or age, who are out of school and confronting life challenges that rise to the level of an experiential Personal Apocalypse, or the partners or spouses thereof.

## **Do you believe a person can change their beliefs?**

We do. Here is the narrative at the heart of post-PA life: I have experienced a PA and immediately shifted into action; I have set a course to remediate the losses with a strategy, only to find failed expectations and unsatisfactory results with each successive attempt.

The challenge lies in stepping outside of the current experiential frame. Getting out from under the PA, on a core psychological, emotional, and spiritual level requires a fundamentally different frame of reference, and a shift in core beliefs.

The Book explores multiple approaches to shift and change one's beliefs.

## **Did you pick your title due to Covid?**

Actually no, we started the Book at the beginning of 2019. It was pure serendipity and synchronicity that its publication date coincided with a pandemic.

## **How did you two meet as collaborators/co-authors?**

Our collaboration began five years ago, when we founded The Values Foundation.

This Book was the first and most pressing in terms of need, out of a collection of works currently in process, as part of The Catalyst Collection to be published by The Values Foundation Press.

## **What is The Values Foundation?**

The Values Foundation's mission is to catalyze a human-centered, collaborative and values-aligned world.

We believe that a collective, all inclusive, fully empowered, and fully engaged community committed to shared generative values is the key to our own and our world's survival.

We believe all of us involved in the transformation of our world share a common belief in and commitment to those we serve, that they can not only do well, but also do good as individual and collective creators of and contributors to our world.

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