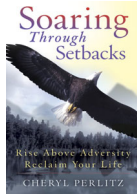


FOR IMMEDIATE RELEASE
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Soaring Through Setbacks...
Rise Above Adversity...Reclaim Your Life
***A book about dealing with grief, career changes
and other major transitions***

Cheryl Perlitz
author/ speaker/ facilitator

How to deal with relocation and find new life in a new town

About 43 million people, or 16% of the population, in the US relocates every year and yet relocating a family is one of the most stressful experiences a family will face. Every time a family relocates, they go through a grief process that requires them to leave their old neighborhoods and friends and find a new life.

What was ———▶ is gone.
What will be ———▶ lies ahead.

Leaving a familiar home is like what happens when a baby bird leaves it's comfy nest and flies into the unknown. Leaping out into the void and out of the comfort zone, it flaps its wings frantically trying to find security. That time suspended in mid air feels frightening and unstable. In the same way, relocating in a new town throws us out into an unfamiliar environment. It feels uncomfortable and scary.

Mountain climber, life change and survival expert, Cheryl Perlitz, is familiar with that feeling of being thrown out of the nest. Without warning her husband died and within 4 months she lost both of her parents, her 2 beloved dogs, her house, and her business. She was robbed, sued, audited by the IRS, and even had a stranger die sitting next to her in the movie theater.

Using her mountain climbing and survival techniques she learned valuable skills that will help you to survive the stress of moving and support you as you reconnect.

Try these survival tips:

- You don't have to get rid of all of your old relationships the day you step out the door. Those old friendships will give you the confidence to try new ones.

- This is your chance to try new things. See what your new environment has to offer. Contact the Chamber of Commerce and other community groups to research opportunities. Join Welcome Wagon and Newcomers Clubs. You have nothing to lose.
- Take new relationships one step at a time. Start with a small meeting over coffee or talking to people at community events. Ask them about their town, and see if they have similar interests. If you are a little shy, practice by talking to strangers at the grocery store, or over the phone. Don't expect to fall into a whole new social life immediately. It will come gradually the more you try.
- Be a learner and a listener. Ask lots of questions of the new people you meet. People love to be listened to. Use eye contact, listen, be curious and really care. Relationships begin there.
- Adopt the 'adventure attitude'... live life as a child, explore, learn, try and allow yourself to go through the trial and error method of finding out what is comfortable in your new environment. The 'adventure attitude' is positive and proactive.
- Get rid of expectations. Don't expect your new friends to be as comfortable as your old ones right away. Give them time.
- GIVE YOURSELF TIME and be easy on yourself. Taking one step at a time, you will find comfort in your new place with the passage of time and a little effort. Eventually, you will be comfortable in your new nest.

Cheryl Perlitz is the author of the inspirational book "[Soaring Through Setbacks - Rise above adversity - Reclaim your life](#)" the on line training program "[Working through Setbacks....The Path to Positive Change](#)" and is co-author of [Getting Things Done – Successful Women Speak](#). As a dynamic speaker and facilitator, her inspiring, fun and motivational stories help listeners and readers to "TRANSFORM THEIR MOUNTAINS INTO OPPORTUNITIES FOR ADVENTURE AND POSITIVE CHANGE."

Cheryl is not a therapist, or medical doctor. She does not have a PHD or an advanced degree in psychological theory. She is a regular person, like most of us. She is a sought after talk show guest because of her easy casual style, her ability to tell wonderful stories that the listeners and readers can relate to, and her understanding and compassion for others.

If you would like to hear more about this topic, and/or more detailed SURVIVAL TIPS for surviving setbacks contact Cheryl Perlitz: cheryl@SoarWithMe.com

To book an interview call:

847-510-5919 cell 847-609-8032

Cheryl is available for last minute interviews