

NOTHING IS
PERMANENT is the
thought leadership of
Jo and Don Singel as
they thoughtfully and
powerfully share their
life experiences in
dealing with change
and the strategies they
share to live a full and
meaningful life
regardless of the
conditions and
circumstances that we
all encounter.

NOTHING IS PERMANENT

by JO SINGEL and DON SINGEL

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JO SINGEL AND DON SINGEL

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ISBN: 978-1-64438-953-9

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Published by BookLocker.com, Inc., St. Petersburg, Florida.

Printed on acid-free paper.

BookLocker.com, Inc. 2019

First Edition

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This book details the authors' personal experiences with and opinions about strategies for leading one's best life and is in no way suggesting any material in this book as a comprehensive or complete and definitive guide. Merely as a collection of personal strategies that the authors have applied to their lives and are sharing in this book. Any strategies represented are only tips shared by the authors and by reading this book there are no guaranties that the same, similar or approximate results will be achieved. The authors are not licensed psychologists or any other mental health medical professionals.

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Jo Singel and Don Singel

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LIFE IS A NEVER ENDING STORY

Throughout our life together, now approaching 50 years, Jo and I have experienced what many would categorize as the typical ups and downs that most, if not all people, are faced with in their relationships. Success, turbulence, confusion, anxiety, happiness, progress, triumphs, and numerous achievements.

While these feelings and outcomes were occurring, we weren't stopping to analyze them. They were simply things that needed to be addressed or celebrated. And, as they occurred, we did, in fact, address and/or acknowledge them as we lived them. I am pleased to be able to say, our approaches and solutions to the various issues were, almost without exception, successful. Some of them were collective issues that affected both of us, while others were specific to only one of us.

It was only during our more recent years that we identified the pattern that was occurring time and again. It was those patterns that provided us with the motivation and stimulation for this book.

As we discussed various situations throughout our life together, it became clearer and clearer that there was an overriding theme - the lack of permanence. When this first hit both of us, it was like a lightening bolt. Of course, how could we have not recognized it for what it was.

Nothing is permanent.

Loss and change are unnerving and have an impact on us and I believe that its greatest toll is on the youngest, the oldest, the disabled and infirm. Compassion and true empathy seem to come in short supply during these times as most people are dealing with some type of loss on an ever increasing and more frequent basis. As global news engages us on a 24/7 basis, for those of us who are empathic by nature, we are suffering losses on a daily basis.

Unable to explain away or disengage from world and local events we take to heart the pain and suffering of others. I believe that this burden is taking a toll on us and when disaster or near disaster strikes, we are already battle weary. Increasingly, we are adapting to shrugging it off. It's too overwhelming to digest and so, when troubling times occur, we often find ourselves feeling stranded, abandoned and unattended as others presume we are okay. Psychological, emotional and social aspects of our human state are ignored, unaddressed and unwelcome.

Busyness, frantic levels of activity, social media and other distractions cause high levels of disengagement even from and with those closest to us. So what to do? Don and I spoke of all of this at great length as we went through a year of significant change in our lives, livelihood, neighborhood, community and those we thought we could and should rely upon.

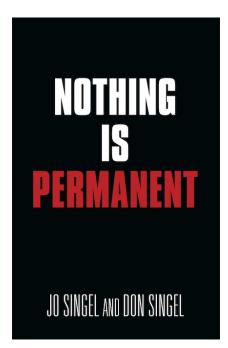
All of that changed in a very short period of time. Through this process we found each other, our identity, our strengths and weaknesses, our compassion for other's suffering, loneliness in a moving too fast world where all is changing swiftly, unexpectedly and oftentimes erratically. Our writing, sharing and engaging with one another in the earliest morning hours

Nothing Is Permanent

over a welcome pot of coffee, have maintained our sense of humanity, caring and listening to the loud whispers of others as they struggle through change both wanted and unwanted.

Our solace is in understanding the times we live in, dealing with it, preparing for it the best we can and being pioneers in forging paths and ways of thinking, feeling and being that will keep us vital, alive, curious and open until the time when we are no longer here.

Don



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