

# finding my footing

**finding my footing** is a crucial phase in personal and professional development where individuals seek stability, confidence, and direction amid change or uncertainty. This process often involves adapting to new environments, overcoming challenges, and building resilience to move forward effectively. Whether transitioning into a new career, adjusting to life changes, or recovering from setbacks, understanding how to find one's footing is essential for long-term success and well-being. This article explores practical strategies, psychological insights, and actionable steps to support this journey. It also highlights common obstacles and ways to overcome them while fostering growth and self-assurance. The following sections will guide readers through the stages and techniques involved in successfully finding their footing.

- Understanding the Concept of Finding My Footing
- Common Challenges When Finding My Footing
- Effective Strategies for Finding My Footing
- Building Resilience During Transitional Periods
- Maintaining Progress and Confidence Over Time

## Understanding the Concept of Finding My Footing

Finding my footing refers to the process of establishing stability and confidence in a new or uncertain situation. It is a metaphorical expression that highlights the necessity of balance and surety before progressing further. This concept applies to various aspects of life, including career changes, personal growth, relocation, or recovery from challenging circumstances. Fundamentally, it involves gaining clarity about one's position, capabilities, and next steps.

## The Psychological Basis of Finding My Footing

The psychological component of finding my footing involves adjusting to new realities and managing the stress associated with change. It requires mental flexibility, self-awareness, and emotional regulation. Cognitive-behavioral approaches emphasize recognizing maladaptive thought patterns and replacing them with constructive perspectives to enhance adaptability. Understanding this mental adjustment is key to successfully navigating transitions.

## **Situations That Require Finding My Footing**

Many life scenarios necessitate finding my footing, such as starting a new job, entering higher education, moving to a different city, or recovering from a loss. Each situation demands a tailored approach to regain equilibrium and confidence. Recognizing when this process is necessary allows for proactive measures to be taken to facilitate smoother transitions.

## **Common Challenges When Finding My Footing**

Several obstacles commonly arise during the process of finding my footing, making it difficult to achieve stability quickly. These challenges can hinder progress if not properly addressed. Identifying and understanding these barriers is essential to developing effective coping strategies.

### **Fear of Failure and Uncertainty**

Fear of failure is a significant challenge that can paralyze decision-making and prevent individuals from taking necessary risks. Uncertainty about the future exacerbates this fear, leading to hesitation and loss of motivation. Overcoming this requires building confidence and embracing uncertainty as part of the growth process.

### **Lack of Support Systems**

The absence of reliable support from family, friends, or mentors can make finding my footing more difficult. Social connections provide emotional reassurance and practical advice that facilitate adjustment. Without these networks, individuals may feel isolated and overwhelmed.

### **Overwhelm and Stress**

Transition periods often generate high levels of stress and feelings of overwhelm. Balancing multiple new responsibilities or coping with unexpected changes can exhaust physical and emotional resources, impeding the ability to find stable ground.

## **Effective Strategies for Finding My Footing**

Implementing practical strategies can significantly enhance the ability to find my footing efficiently. These methods focus on increasing self-awareness, setting achievable goals, and fostering resilience. A structured approach provides clarity and direction during uncertain times.

## **Setting Realistic and Measurable Goals**

Goal-setting is a powerful tool in the process of finding my footing. Establishing clear, attainable objectives helps maintain focus and provides a sense of accomplishment as progress is made. Goals should be specific, measurable, achievable, relevant, and time-bound (SMART) to maximize effectiveness.

## **Developing a Routine and Structure**

Creating a daily routine fosters stability and predictability, which are vital when adjusting to new circumstances. Structured activities help reduce anxiety by providing a framework within which individuals can operate confidently. This routine should balance work, rest, and self-care.

## **Seeking Guidance and Mentorship**

Engaging with mentors or advisors offers valuable insights and encouragement. Experienced individuals can provide perspective, share strategies, and help navigate complex challenges. Accessing professional or community resources enhances support systems necessary for finding my footing.

## **Practicing Mindfulness and Stress Management**

Mindfulness techniques, such as meditation, deep breathing, and journaling, assist in managing stress and maintaining emotional balance. These practices increase present-moment awareness, reducing anxiety related to uncertainty and fostering clarity.

## **Building Resilience During Transitional Periods**

Resilience is a critical attribute for successfully finding my footing. It enables individuals to recover from setbacks and persist through difficulties. Building resilience involves cultivating mental toughness, optimism, and adaptive coping mechanisms.

## **Embracing a Growth Mindset**

A growth mindset, which views challenges as opportunities for learning, supports resilience. This perspective encourages persistence and flexibility, allowing individuals to adapt their strategies when confronted with obstacles.

## **Learning from Setbacks**

Setbacks are inevitable during transitional periods. Viewing these experiences as valuable lessons rather than failures promotes resilience. Analyzing what went wrong and how to improve prepares individuals for future challenges.

## **Strengthening Emotional Intelligence**

Emotional intelligence enhances resilience by improving self-awareness and interpersonal skills. Recognizing and managing emotions effectively allows for better responses to stress and facilitates support-seeking behavior.

## **Maintaining Progress and Confidence Over Time**

Once initial stability is achieved, maintaining progress and confidence is essential to sustain growth. Ongoing effort and self-reflection ensure that finding my footing evolves into long-term success and stability.

## **Regular Self-Assessment and Reflection**

Periodic evaluation of goals, progress, and emotional well-being helps identify areas needing adjustment. Reflection encourages continuous improvement and reinforces confidence in one's direction.

## **Celebrating Milestones and Achievements**

Recognizing accomplishments, no matter how small, boosts morale and motivation. Celebrating milestones affirms progress and encourages continued effort in maintaining footing.

## **Adapting to Change and Staying Flexible**

Even after finding my footing, change remains constant. Maintaining flexibility allows for quick adaptation to new circumstances, preventing regression and fostering ongoing development.

1. Identify the need to find your footing by recognizing transitional moments.
2. Set SMART goals to provide clear direction.
3. Establish routines that promote stability.

4. Seek support through mentors and social networks.
5. Practice mindfulness to manage stress effectively.
6. Develop resilience by embracing a growth mindset and learning from setbacks.
7. Maintain progress through reflection, celebration, and adaptability.

## **Frequently Asked Questions**

### **What does the phrase 'finding my footing' mean?**

The phrase 'finding my footing' means becoming more confident and stable in a new situation or environment, often after a period of uncertainty or adjustment.

### **How can I find my footing in a new job?**

To find your footing in a new job, focus on learning the company culture, building relationships with colleagues, asking questions, and gradually taking on responsibilities to build confidence and competence.

### **What are some strategies for finding my footing after a major life change?**

Strategies include setting small, achievable goals, seeking support from friends or professionals, maintaining a routine, and allowing yourself time to adapt and process the change.

### **How can mindfulness help me in finding my footing during stressful times?**

Mindfulness helps by keeping you present and aware of your thoughts and feelings without judgment, which can reduce anxiety and increase clarity, making it easier to navigate challenges and regain stability.

### **Is it normal to feel lost when trying to find my footing, and how do I overcome that feeling?**

Yes, feeling lost is a normal part of the process. Overcome it by practicing patience, breaking tasks into manageable steps, seeking guidance, and reminding yourself that gaining stability takes time.

# Additional Resources

## 1. *Finding Your Path: A Guide to Personal Growth*

This book offers practical advice and inspiring stories to help readers discover their true passions and strengths. It emphasizes self-reflection and goal-setting as key tools for gaining clarity and direction. With actionable steps, it encourages embracing change and building confidence.

## 2. *Stepping Stones: Overcoming Obstacles on the Road to Success*

Focused on resilience and perseverance, this book explores how setbacks can become powerful learning experiences. It provides strategies for managing fear, building mental toughness, and staying motivated. Readers will find encouragement to keep moving forward despite challenges.

## 3. *Grounded: How to Build a Strong Foundation in Life*

Grounded is about establishing stability in both personal and professional areas. It covers habits, mindset shifts, and routines that promote balance and well-being. The book guides readers through mindful practices to stay centered in turbulent times.

## 4. *The Art of Starting Over: Embracing Change and New Beginnings*

This insightful book addresses the fear and uncertainty that come with major life transitions. It offers tools for letting go of the past, cultivating hope, and creating a fresh start. Readers learn how to transform endings into opportunities for growth.

## 5. *Walking Tall: Confidence and Courage for Life's Journey*

Walking Tall focuses on building self-esteem and assertiveness. It shares techniques for overcoming self-doubt and standing firm in your values. The book inspires readers to take bold steps toward their dreams with authenticity and strength.

## 6. *Finding Balance: Navigating Life's Ups and Downs*

This book explores the importance of emotional and mental balance in achieving long-term fulfillment. It provides insights into stress management, prioritization, and self-care. Readers are encouraged to create harmony between work, relationships, and personal goals.

## 7. *Roots and Wings: Building Stability While Embracing Freedom*

Roots and Wings highlights the dual need for security and exploration in personal development. It discusses how to cultivate a supportive environment while pursuing new experiences. The book inspires readers to grow confidently without losing their sense of grounding.

## 8. *First Steps: How to Begin Your Journey with Purpose*

First Steps is a motivational guide for those feeling stuck or uncertain about their next move. It breaks down the process of setting intentions, overcoming inertia, and taking meaningful action. The book encourages embracing small beginnings as powerful catalysts.

## 9. *Standing Firm: Developing Resilience in Changing Times*

This book delves into the psychological and practical aspects of resilience. It teaches how to adapt to change, maintain hope, and recover from adversity. Readers gain tools to strengthen their inner resolve and stay grounded through life's fluctuations.

## **Finding My Footing**

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**finding my footing:** *Finding Your Voice* Frank Saliki, 2022-07-21 For 20 years of his life Frank had always tried to find a place to belong in the world that seemed to do its very best to make him an outcast. Frank's life changed when he discovered that all the troubles he had gone through had come with opportunities. In the world that keeps telling us to change who we are and become something else Frank discovered that the route to a happy and fulfilling life was hiding in the trials and tribulations he had gone through. In the world where we are being told to fix ourselves, Frank encourages his readers to find their true self because that is where their voice is. In the world that tells you that you need more money, a bigger house and a lot of friends in order to be happy, Frank encourages his readers to go on a journey to discover who they are. Finding your voice begins with Frank being bullied on day one of primary school as a six year old to eventually finding his true voice in his late twenties. Every chapter consists of lessons that every experience good or bad taught him and how they are serving him today and how they can serve the reader. It is a journey full of tears, laughter, suicidal thoughts and eventually arriving at a meaningful place in life. From being scared of speaking to people to winning speech contests to inspiring thousands. This is the story of how six year old Luanshya, Northern Zambia who had nothing going for him but a dream, how he used his past to arrive at meaningful place in his life.

**finding my footing:** *Finding My Frequency* Saye Z. B. Zonen, 2013-11-19 If your current situation is not the ultimate condition envisioned for your life, are you contemplating change? While our internal being experiences metamorphosis constantly, our view of what is possible externally, gets corrupted very early on in life. We adopt a routine out of fear, never attempting to try out the ideas we ponder daily. Why should you and how will you change? The truth about who we are and what we can do is instinctively known to each and everyone of us, but we settle for what comes standard - paychecks, perks and pension. We all have, buried deep within us, mediocrity and mightiness co-existing side by side. The power to push ourselves from the orbit of the ordinary to the place of our fullest potential lies dormant in each and every one of us. We, however, see the climb as cumbersome and so we yield with the masses on the path of least resistance. This book's dual purpose is firstly to explain and affirm that YES! it is possible to change course even when our responsibilities or obligations seem insurmountable. It shows how one man's courage to stick his existence on finding where he comes alive was made manifest. We must endeavor to find that unique place where we can distribute our true talent overtime. Until we operate on our center frequency, we will never find our ultimate condition.

**finding my footing:** *Finding Masculinity* Emmett J.P. Lundberg, 2015-05-13 Living out something you've spent countless hours daydreaming about and wondering about is an experience that isn't easily put into words. - Will Krisanda Finding Masculinity is a collection of stories from a small cross section of the transgender male community that shares insight into the diversity of life

experiences of transgender men, beyond the traditional narrative. This anthology examines the many facets of life that transition impacts; transitioning on the job, emotional and spiritual growth, family, navigating the medical community, as well as romantic relationships. The stories within come from scientists, teachers, fathers, veterans, and artists who share how being visible as the masculine humans they identify as has developed, changed, and evolved their sense of masculinity.

**finding my footing:** *Finding My Way* Brandon Rowell, 2024-10-16 *Finding My Way* is a powerful coming-of-age novel about Matt, a young man entering college who embarks on a profound journey of self-discovery. At the beginning of the story, Matt appears to have his life together: he's starting his freshman year, has a girlfriend, and is excited about his future. However, things take a dramatic turn when Matt begins to develop romantic feelings for his college roommate, Jake. These feelings stir an internal conflict, forcing Matt to confront the reality that he is gay—something he has long suppressed. Matt struggles with his identity, torn between the life he thought he wanted and the one he's discovering for himself. After an intimate confession to Jake, the two begin a secret relationship. Matt is still dating Sarah, his high school girlfriend, but soon realizes he can no longer live a double life. The heart-wrenching breakup with Sarah leaves him shattered, yet it's a necessary step in accepting who he truly is. Things take an even more devastating turn when Matt comes out to his parents. His mother reacts with shock but tries to be supportive, while his father outright rejects him, telling Matt to leave and never return. Heartbroken, Matt spirals into a deep depression, turning to drugs to numb the pain. His struggle culminates in a suicide attempt, but thanks to Jake's intervention, Matt is hospitalized and begins his journey of recovery. Upon being released, Matt leans on Jake and his friends, who become his chosen family, offering him the love and support he craves but never received from his father. Over time, Matt learns that family isn't always about blood—it's about the people who love you unconditionally. Jake, along with a close circle of friends, provides Matt with the strength he needs to rebuild his life. As Matt recovers, he grows into a more self-assured and confident person. He reconnects with his mother, though his relationship with his father remains strained. With Jake's unwavering support, Matt finishes college, and the two decide to move in together. Eventually, Jake proposes, and they plan a small, intimate wedding surrounded by their friends—their chosen family. The novel concludes with Matt finally coming to terms with his past and accepting that, despite his father's rejection, he is worthy of love. With his husband Jake and a supportive community by his side, Matt finds peace in the life he's built. He understands that love, in all its forms, is what defines family, and that the relationships he has formed are more than enough to fill his heart. *Finding My Way* is a heartfelt exploration of identity, love, and resilience. It dives deep into the challenges of coming out, the pain of rejection, and the healing power of chosen family. At its core, the novel tells a story of growth, self-acceptance, and the realization that true family is defined not by blood, but by unconditional love.

**finding my footing:** *Chicken Soup for the Soul: Finding My Faith* Jack Canfield, Mark Victor Hansen, Susan M. Heim, 2012-10-16 Everyone's faith story is different. In the book, people of Christian and Jewish faiths share their personal stories about this life-changing and powerful event, providing inspiration and encouragement to readers. *Chicken Soup for the Soul: Finding My Faith* is filled with inspiring stories about the number of ways people discover, or rediscover, their faith -- whether it's Christian or Jewish. The inspirational and powerful stories will touch the hearts and souls of readers.

**finding my footing:** *Finding Me* Harish Tolani, 2024-08-13 *Finding Me* is a profound exploration into the minds and hearts of today's youth, particularly Gen Z students. Authored by a seasoned teacher and mentor, this book addresses the prevalent issues of confusion, anger, anxiety, and depression that many young people face. Drawing from years of experience, the author provides a compelling argument for the role of spirituality in navigating these turbulent times. Central to the book is the wisdom of the Bhagavad Gita, a timeless scripture that offers profound insights into life and morality. Whether you are a student grappling with life's pressures or a parent, teacher, or mentor seeking to support the young minds in your care, *Finding Me* is an invaluable resource. It reassures that with the right guidance and perspective, today's youth can transform their struggles

into stepping stones toward a brighter, more meaningful future.

**finding my footing: Finding Home with the Beatles, Bob Dylan, and Billy Graham** Jess Archer, 2015-12-18 One was the greatest rock band of all time, another was a misunderstood poet and Christian convert, and the latter is called, Americas Pastor. The Beatles, Bob Dylan, and Billy Graham were the three forces of artistic and spiritual expression in Archers childhood, and the trio of figures in her fathers conversion to Christianity and lifes work. Finding Home with The Beatles, Bob Dylan, and Billy Graham is Archers true account of growing up inside the world of the Billy Graham Evangelistic Association. For fifteen years her family traversed the globe to prepare cities for Billy Grahams large-scale, sweeping evangelistic meetings. This book details the gritty struggles she faced as the new kid in town and the intense anxiety of their transitory life. With humor, insight, and help from two of the greatest musical forces on the planet, Archer explores the universal question, Where is home? Through her fathers boss, Billy Graham, she finds her way toward the answer to that question.

**finding my footing: Find Your Path** Daniel Goodman, 2019-12-03 Scientists offer personal accounts of the challenges, struggles, successes, U-turns, and satisfactions encountered in their careers in industry, academia, and government. This insightful book offers essential life and career lessons for newly minted STEM graduates and those seeking a career change. Thirty-six leading scientists and engineers (including two Nobel Prize winners) describe the challenges, struggles, successes, satisfactions, and U-turns encountered as they established their careers. Readers learn that there are professional possibilities beyond academia, as contributors describe the paths that took them into private industry and government as well as to college and university campuses. They discuss their varying preferences for solitary research or collaborative teamwork; their attempts to achieve work-life balance; and unplanned changes in direction that resulted in a more satisfying career. Women describe confronting overt sexism and institutional gender bias; scientists of color describe the experience of being outsiders in their field. One scientist moves from startup to startup, enjoying a career of serial challenges; another spends decades at one university; another has worked in academia, industry, and government. Some followed in the footsteps of parents; others were the first in their family to go to college. Many have changed fields, switched subjects, or left established organizations for something new. Taken together, these essays make it clear that there is not one path to a profession in science, but many. Contributors Stephon Alexander, Norman Augustine, Wanda Austin, Kimberly Budil, Wendy Cieslak, Jay Davis, Tamara Doering, Stephen D. Fantone, Kathleen Fisher, David Galas, Kathy Gisser, Sandra Glucksmann, Daniel Goodman, Renee Horton, Richard Lethin, Christopher Loose, John Mather, Richard Miles, Paul Nielsen, Michael O'Hanlon, Deirdre Olynick, Jennifer Park, Ellen Pawlikowski, Ethan Perlstein, Richard Post, William Press, Beth Reid, Jennifer Roberts, Jessica Seeliger, David Spergel, Ellen Stofan, Daniel Theobald, Shirley Tilghman, Jami Valentine, Z. Jane Wang, Rainer Weiss

**finding my footing: ,**

**finding my footing: Finding Your Own Truth** Reed R. Critchfield, 2010-03-01 In these tumultuous times, who among us knows how to cope or where to turn? With all systems on overload, what can we do as individuals to stem the tide of financial crisis, geopolitical upheaval and ecological disaster? As the potentially apocalyptic date of December 21, 2012 approaches, what can you do to prepare? Who can help? How can you help yourself and those you love? If you are searching for help, it is here for the taking. Please...help yourself. And when you do that, you help us all. The content of this manuscript represents over 30 years of personal research, study, prayer and life experience. Reed relates, "When I started, it was just about me; putting my own house in order. Then, it occurred to me that perhaps other people are struggling to find the Truth too." This book was written to help those people seeking to find their path in life leading to peace and happiness. It is for those who are looking for the Truths that help them give meaning to their existence, and give them the deeper reasons for why they are on the earth at this particular point in time. If you have ever wondered who you really are, why you were born to this era and how you can fulfill your individual purpose of your existence, this book can help. When enough of us figure this out, we

become a catalyst to help the human race collectively fulfill its destiny. This book can open your mind and heart to new ways of looking at your mortality and for ultimately finding true happiness from within. It will assist you in awakening to your relationships with others, with the Earth, the Cosmos and God.

**finding my footing: *In Search of Oneness*** Annette Erickson, 2015-01-27 An attempt to define this memoir is like trying to define life in one breath. You are invited to bear witness to the power of a single vision experienced by a five-year-old girl. Lou's vision carries, holds and guides her through years of silence and being silenced. Annette's vision of living in Oneness beckons from deep inside her and weaves throughout her life. Driven by her vision where everyone is seen, recognized, heard and embraced, she searches for this deep sense of connection and manifests it in her daily life. Step inside these pages and walk this winding path of hope, healing and transformation with Annette/Lou and share in the questions, seeking and the realization of Oneness many of us hope to achieve in our own lives.

**finding my footing: *The Secret of Berry House*** M P Mueller, 2016-02-29 Imagine being five years old and suddenly your mother disappears one evening after supper. She had simply gone upstairs to check a strange noise in the house. If that isn't frightening plus confusing enough, for the next five years of your young life, you are left in the care of a wicked old housekeeper and her nasty troublemaking cat. During this time, your once-loving father slips into depression, moving from the house to his office, about the carriage house to lose himself in his work. One day you too disappear as you are pulled by a strange force through a crack that abruptly appears. This is where your true adventure begins.

**finding my footing: *Brimstone*** Cherie Priest, 2017-04-04 A new dark historical fantasy from the "supremely gifted"\* Cherie Priest, author of *Mapelcroft* and *Boneshaker*. In the trenches of Europe during the Great War, Tomás Cordero operated a weapon more devastating than any gun: a flame projector that doused the enemy in liquid fire. Having left the battlefield a shattered man, he comes home to find yet more tragedy—for in his absence, his wife has died of the flu. Haunted by memories of the woman he loved and the atrocities he perpetrated, Tomás dreams of fire and finds himself setting match to flame when awake.... Alice Dartle is a talented clairvoyant living among others who share her gifts in the community of Cassadaga, Florida. She too dreams of fire, knowing her nightmares are connected to the shell-shocked war veteran and widower. And she believes she can bring peace to him and his wife's spirit. But the inferno that threatens to consume Tomás and Alice was set ablaze centuries ago by someone whose hatred transcended death itself....

\*Christopher Golden, #1 New York Times Bestselling Author

**finding my footing: *Archangel*** Margaret Fortune, 2018-04-03 Michael Sorenson is recruited into an elite military task force developing a large-scale weapon that can kill Spectres en masse, but there is a saboteur in the group and Michael must figure out who it is.

**finding my footing: *Finding God's Life for My Will*** Mike Donehey, 2019-08-06 ECPA BESTSELLER • The lead singer, songwriter, and guitarist for award-winning contemporary Christian band Tenth Avenue North shows readers that by seeking God first and focusing on serving Him, we can live daily in His will. Perhaps God isn't giving me the plan because He wants to be the plan. This was the aha moment for Mike Donehey after years of wrestling with his obsession to know God's specific plans for his life. He came to the realization that waiting for absolute certainty from God before making decisions may seem uberspiritual, but it can lead to a life of intense stress, paralyzing fear, and crushing regret—just the opposite of the freedom granted to those living a Christ-filled life. This is my story...how I gave up begging to know God's will and began to ask His life to come and change my will. With his signature humor and relentless hunger for God, Mike will show you that discovering the Father's purpose and plan for our lives is not the shell game that we all too often make it out to be. If you're unsure what to do next, take heart and accept the ultimate invitation: learn to see God as the plan, not simply the formula to the plan.

**finding my footing: *The Complete Rock Stars, Surf and Second Chances Series, books 1-5*** Michelle Mankin, From New York Times bestselling author Michelle Mankin, *The Complete Rock*

Stars, Surf and Second Chances Series is available for the first time ever in a box set. Five full-length novels. Your all access backstage pass to Southern California's most famous rock band. **OUTSIDE** When handsome California surf god Lincoln Savage suddenly rolls into Ocean Beach like a rogue wave, shy beauty Simone Bianchi's foundation is shaken. No longer under the thumb of her domineering father, she's made a simple quiet life for herself and her fluffy Havanese pup running a surf shop in her hometown. Long ago she gave up her dreams for a future with Linc. But now the notorious lead singer of the Dirt Dogs has returned, and Simone is reluctant to admit that she's still vulnerable to his killer dimpled smile and easy charm. She finds that although she's stowed away the mementos, it hasn't been as easy to erase the memories of their epic summer love. It seems he hasn't forgotten, either. Is the recording contract he's offering merely a pretense? Or does he have something more in mind? **RIPTIDE** Rock star Ramon Martinez can have any woman he wants, and he frequently does because he can't have her. His bandmate's wife. The one woman he could give his heart to, but he can never let her know. Karen Grayson wanted Ramon way back at the beginning, but she thought he didn't want her. So she made the safe choice. The wrong one. Ramon and Karen were once friends. Now they're not even that. And they're both back in Ocean Beach and that dangerous attraction remains. **OCEANSIDE** Oscar night. Rock star legend, Ashland Keys should be on top of the world, but the blond blue-eyed SoCal surfer is disillusioned with fame, done with drugs, bored with the groupies and sick of all the fake f\*ckery. A rising star, Fanny Bay is nominated for best original song in the same category as the Dirt Dogs band, but the novel redhead with the corkscrew curls and the slight Canadian accent would prefer to chart a course with a different destination. Hollywood is not for her. He's full of regrets, darkness and secrets. She's full of hope and light and has mysteries of her own. Together, they don't make sense. But he's what she's always wanted, and she just might be everything he needs. **HIGH TIDE & ISLAND SIDE** Hollie Lesowski is a beautiful young actress locked in a legal battle with one of the most powerful and feared directors in Hollywood, a man who betrayed and hurt her, a man she mistakenly believed was her father. Maximillian Cash is her bodyguard, a blond, blue-eyed giant sworn to protect her. Gentle despite his imposing presence, he seems to be just right for her. But can she trust him with her deepest secrets? **Diesel Le** is a rock star in her sister's band. Devastatingly sexy and annoyingly arrogant, the former pro surfer from Hawaii delights in driving her and everyone else crazy. So, why does she have to continually remind herself to stay away from him? Two uniquely handsome men tempt her. Both want to make her their own. But one is her employee, and the other is a confirmed player. Will she be swept away by temptation? High Tide and Island Side is a heart-twisting, gut-churning, page-turning, coming-of-age duet. It is a triangular second-chance love story with two compelling alpha males but no cheating. Romantic and suspenseful, it sparkles with the glitz of Hollywood, sizzles with the tropical heat of Hawaii, and steals your breath at times, but it will also make your spirit soar.

**finding my footing: Jump and Find Joy** Hoda Kotb, 2025-09-30 From #1 New York Times bestselling author and beloved Today host Hoda Kotb comes her most personal and ambitious book yet—a guide to dealing with change and upheaval, even (and perhaps especially) when that change is unexpected. Hoda Kotb didn't expect to join the Today show at age 44. Or to become a mother at 52. Or to be single again at 57. As she's learned, change doesn't always arrive when we want it to, and its effects are anything but predictable. But the benefits of change can be extraordinary...if we're willing to listen to and learn from its wisdom. In the tradition of books like Savannah Guthrie's *Mostly What God Does* and Maria Shriver's *I've Been Thinking* comes Hoda Kotb's *Jump and Find Joy*—an introspective, intimate book that reveals for the first time what Hoda learned as she stopped fighting and started embracing change and uncertainty. In her quest to understand change better and figure out how to work with it not against it, she channeled her reporting instincts and set out to investigate HOW change works, WHO was approaching it with grace and wisdom, and WHAT she could learn about it and apply to her own life. With the wisdom of change experts, insights from the latest studies about resilience, and deeply personal stories, Hoda shows why change isn't to be feared but instead embraced...and how each of us can not just survive but thrive in the midst of

changes that we'll inevitably face ourselves.

**finding my footing: Pagan, Goddess, Mother** Chandra Alexandre, Nane Jordan, 2021-01-01 This anthology calls Pagan and Goddess mothering into focus by highlighting philosophies and experiences of mothers in these spiritual movements and traditions. Pagan and Goddess spirituality are distinct, yet overlapping and diverse communities, with much to say about deity as mother, and about human mothers in relationship to deity. Authors share creative voices, stories, and scholarship from the forefront of Pagan- and Goddess- centered home, in which divine mothers, Goddesses, diverse female embodiments, and generative life cycles are honoured as sacred. Authors inquire into how their spirituality impacts the perceived value and experiences of mothers themselves, while generating new ways of imagining and enacting motherhood in spiritual and daily life. Pagan, Goddess, Mother opens spaces for dialogue in areas such as how Pagan- and Goddess- centred mothers engage in, and are impacted by, their spiritual leadership through practices of ceremony, ritual, magic, and priestessing. Authors consider mothers' lived connections with their children, family life, and themselves, through nature, the Earth, and mothering as a spiritual practice. Chapters reflect upon the ways that Pagan- and Goddess- identified mothers creatively navigate daily interactions with dominant religions, the public sphere, community leadership, and activism facing the challenges of such while forging new pathways for spirited well being in mothering and family life.

**finding my footing: Too Hot to Handle** Victoria Dahl, 2017-03-13 Tension is building up between a quirky museum curator and a rugged contractor in this steamy romantic comedy by USA Today-bestselling author. Merry Kade has always been the good girl, the one who patiently waits for the guy to notice her. Well, no more. Merry has just scored her dream job, and it's time for her life to change. As the new curator of a museum in Wyoming, she'll supervise a lot of restoration work. Luckily, she's found the perfect contractor for the job: Shane Harcourt. Shane can't believe that someone wants to turn a beat-up ghost town into a museum attraction. After all, the last thing he needs is the site of his dream ranch turning into a tourist trap. But the beautiful, quirky woman in charge soon starts to change his mind, and while their love might be too hot to handle, it's impossible to resist. Previously published in 2013. Praise for Too Hot to Handle "Dahl adds her signature hot sex scenes and quirky characters to this lively mix of romance in the high country." —Too Hot to Handle

**finding my footing: Zach** Jenna Myles, 2023-02-26 An image-conscious playboy hires a frumpy, shoe-losing, directionally challenged virgin. Let the chaos commence! Smooth, Playboy, Billionaire. All labels people apply to me. But the only label I actually care about is Brother. Everything I do is for them. For the empire we built together. Women are an enjoyable distraction, that's all. So why can't I stop thinking about the frumpy woman who's taken over my marketing department? She's constantly getting lost. She loses her shoes, and let's face it, she's just weird. I mean, yeah, she's a brilliant marketer. And ok, my brothers like her. And fine, she has a backbone of steel and stands up to me when I'm being a dick. But no way am I going to get sucked into a relationship like my brothers have. I am a woman on the edge. Ok, fine, not on the edge. But I really have nothing left. So why not pick up and move to a new city, start a new job, and become a totally new person? I've never been on an airplane or outside of New York City, but so what? People-ing is hard. Harder than I thought. But I've gotten sucked into this big, wild family, and I kind of like it. So maybe I can start a new life. Maybe I can cross some things off my Get a New Life list. But never in a million years did I think I'd do any of them with my boss. But suddenly, there I am, laying on top of him in a crowd of people...Whoops, that came out dirtier than it was in my head. So what's a virgin, frump of a woman supposed to do when her sexy boss starts staring, and touching and trying to take care of her? No really...I have no idea what I'm doing. Help!

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