



The First Pancake: A Recipe for Delectable Life Transitions

Tory G. Wilcox

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The First Pancake provides guidance for those undergoing a life transition using an original, understandable pancake metaphor that normalizes the transition process and encourages the reader to strive for more delectable pancakes. Tory Wilcox is a psychotherapist who provides the ingredients for managing life changes through the five stages one goes through when enjoying a batch of pancakes: the wake-up call, then the first pancake, through the blender to the perfect pancake, and finally digestion. The wake-up call encourages an examination of initial life decisions like careers and life partners. Wilcox asks us to pitch the less fulfilling pancakes or choices and start over, causing our emotions to be tossed around in a blender. Once we have realized more perfect pancakes, we can digest the changes, feel confident about making more rewarding choices and remember to keep adding to our stack. Wilcox offers concrete coping tools, self-help exercises, and resource recommendations along with real-life examples and proven strategies. Through her innovative approach to teaching others how to successfully handle inevitable life transitions, Wilcox provides comfort and empowerment to those who believe self-fulfillment can be achieved in life through a new way of thinking and acting about change.

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