“Reviewing this book has been an absolute joy! I wish I could put it in the hands of every single nurse. It SHOULD be in the hands of every single new nurse...”

Tilda Shalof, Critical Care Nurse (Toronto General Hospital) and author of “A Nurse’s Story” and “The Making of a Nurse” (www.nursetilda.com)

“From Surviving to Thriving: Navigating the First Year of Professional Practice is a powerful document for novice nurses who are starting their life long career in an amazing profession. This book is also a must read by employers, managers, educators, experienced nurses and members of the health care team. Transition from student to practitioner is a major life event. To make the transition successful and to grow into a confident professional requires external factors like the right environment, right mentors, and must be coupled with internal personal factors like the desire to learn and be the best one can be. This book should become one of those classics documents that each one of us ‘new and experienced’ keep at our side and open the pages often to gain energy and inspiration to support and nurture our future nursing community.”

Dr. Judith Shamian, President, Canadian Nurses Association (www.cna-aiic.ca)

“From text books to practice! Yes, this is an old subject and one Judy has been able to bring to the top of our agendas with both research and humor. In the nurses’ union movement, we call it ‘where knowledge meets know-how’ and From Surviving to Thriving: Navigating the First Year of Professional Practice...does just that. Bravo!”

Linda Silas, President, Canadian Federation of Nurses Unions (www.cfnu.ca)

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Ann Mann, RN, MN, Executive Director/Registrar, College of Licensed Practical Nurses of Nova Scotia and Chair, Canadian Council for Practical Nurse Regulation

“Along with ‘we’re our own worst enemies’, one of the mantras of nursing is ‘nurses eat their young’. I have always hated these two phrases. Which is why we need this book. It will help nurses nourish their young and become their own best friends. Rather than simply theorizing, From Surviving to Thriving: Navigating the First Year of Professional Practice helps new nurses and those who should be their mentors, create a welcoming—rather than hostile—work environment. But be warned, a cursory ‘glance’ at this book is not enough. What’s really required is to put its suggestions into practice and NOW is not soon enough!”

To survive and grow, I had to find colleagues who share my anger, hopes, beliefs, and assumptions about students and teaching. When I discuss my teaching with these caring colleagues, I work to specify exactly what troubles me; I fight the fear that having problems means I am doing something wrong. Sharing difficult truths and emotions has been necessary for my personal and professional development. Taking these actions is essential for thriving in the classroom. Nevertheless, teachers cannot do it alone. They need the respect and support of administrators and policymakers, who nowadays sometimes treat teachers as little more than test givers. From Surviving to Thriving 137. Library-wide projects have priority over all other projects and functional work in the Libraries. If necessary to achieve our strategic work, team projects are put on hold and individual functional work or tasks are reassigned or dropped for the time being. Continually improving and developing needed. From Surviving to Thriving 139. force immediate wrenching change or, worse yet, erode our ability to stay relevant. Apply new technologies at a faster rate to improve service and reduce costs rather than just increasing capacity. Evaluate current services and collections, planning the abandonment of those that will not be needed in 3–5 years. The vast majority of us are just surviving or even languishing far from thriving, certainly not roaring. This state of affairs is an unimaginable waste of human life force, potential and competitive advantage. It’s also generating a tsunami of chronic disease consider the fact that today, even teenagers are being diagnosed with early-stage heart disease and type 2 diabetes that is poised to wreak economic and social havoc in the next few decades. How can we help ourselves and our clients shift from rapidly wearing out our hardworking human genes to getting them to sing, dance and even roar? Gi