



U-Turn: What If You Woke Up One Morning and Realized You Were Living the Wrong Life?

Bruce Grierson

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"Read this book for the tales it tells, for the inspiration it imparts, or for the knowledge it so generously gives."?Lauren Slater, author of *Welcome to My Country*

In this impressively researched and incisive book, Bruce Grierson draws on over three hundred stories of so-called "U-turners," who have risked their livelihoods to answer a sudden wake-up call. We meet people who change political parties and careers, doctors who quit to become poets, men who become women, people who suddenly become revolutionaries for a cause they didn't care about the day before. In chapters that address everything from the neuroscience behind epiphanies to the possibility of "forcing" a U-turn, Grierson brilliantly describes and elucidates this powerful, mysterious phenomenon, and in doing so illuminates all of our continual struggles with life choices and identity.

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