Transitions
Transitions connect ideas within a sentence. They also link sentences and paragraphs. They are the glue that holds a story together.

Transitions help the reader understand how the story’s ideas connect. They also act as signposts to alert us to the introduction of new ideas.

Transitions of Thought
Words that carry the thought from one sentence or paragraph to the next. Variations of the words are repeated from sentence to sentence.
Pronouns and Possessive Pronouns:

Use a pronoun to continue with the same subject.

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They also link sentences and paragraphs.

Types of transitions of thought

Pronouns and Possessive Pronouns

Use a possessive pronoun to move onto a related subject.

The cat is in the kitchen; I saw him there a few minutes ago. He might be hungry; his food bowl is empty.

The neighbors must be out of town. Their newspapers are still in the driveway.
Demonstrative Pronouns

Demonstrative pronouns include
  this, that, these and those

Some people say creationism should be included in science textbooks. That idea, however, is opposed by most paleontologists and geologists.

The books you'll need for class are on the table. Those books in the box are out of date.

Word Repetition:
Story about James Lipton's interview with Julia Roberts on “Inside the Actors Studio”:
Lipton pointed out how spontaneous Roberts is as an actress.

“I don’t like to rehearse,” Roberts explained. “I have only so many good takes inside of me.”

She is not so spontaneous when accepting a part for a movie, however.

Word Repetition:

*Tease for upcoming news reports:*

Hillary Clinton turns 61; Bill Gates turns to China; and cancer researchers look to new cures.

Word Repetition

The writing coach said exercising the mind before starting to write is as important to a writer as exercising the legs before starting a race is a runner.

DeView has few permanent assignments, meaning that few reporters are required to show her everything they write.

[These also use parallel structure.]
Word Repetition:
From an LA Times column during President Clinton's impeachment hearings on how preparation for the hearings disrupted the private lives of members of Congress and their staffs:

Even Rep. James Rogan (R-Glendale), a linchpin of the House prosecution team, drew the line when he passed up an invitation to debrief Monica Lewinsky at the Washington Mayflower Hotel so he could take his twin daughters to the National Aquarium in Baltimore. Sometimes it's easier to draw the line when you're the boss. Lowly Senate staff members find it hard to ignore a call to arms, a measure of the obsessive work ethic that grips Washington...

Second paragraph of a first-person essay by animal-rights activist:

Now I am an attorney in the Marine Mammal Protection Project at the Natural Resources Defense Council. I spend my days working on advocacy campaigns and lawsuits to save whales and dolphins. But I remember how dolphins saved me.

...
Last sentence as written:

   Dolphins saved me, though I did nothing for them until I joined NRDC. Now I am determined to protect their individual lives and their beautiful home.

edited:

   Dolphins saved me. Now I am determined to save them and their beautiful home.