

Unstuck Your Guide To The Seven Stage Journey Out Of Depression James S Gordon

Say goodbye to dreary shades of black and white and start seeing the world for the prism of color it is with this refreshing and creative guide! In a unique combination of art, activities, and uplifting anecdotes, 21 Ways to a Happier Depression leads you on a hands-on journey to personal growth. Getting you out of one of "those moods" can be as simple as:
• Making the bed
• Nurturing a plant
• Painting shapes in loops and colors
• Breaking down your work into a to-do list
• Getting a fresh new look with some different décor, or even a haircut!
Inspired by his own life experience, Clinical Psychologist Seth Swirsky gently encourages positive introspection through honest and practical advice. With this book, a happier depression is literally in your hands!

"I don't want to go to church?" Mike Acker begins this book by revealing how he had reached the point where he felt tired, hurt, frustrated, and burned out in faith, church, and spiritually. Can you relate? Have you been hurt by the 'church'? Does your soul feel weary? Do you wonder at the value of attending a service? Do you feel fake, stagnant, or apathetic? This book does not have all the answers. But it does give you hope and help to find healing, wholeness, and holiness through seven ancient Christian disciplines.Invest five days for eight weeks to embrace these disciplines as you read scriptures, relate with anecdotes, and discover practical guidance. These forty devotionals will guide you to get unstuck, restored, and reset as you intentionally take steps to GROW YOUR SOUL. In Grow Your Soul, you will find empathy, wisdom, and direction as you seek to recover lost momentum.In Grow Your Soul, you will be able to examine your life, engage in ancient practices, and create a path forward. WEEK ONE - GROW BACKWARDS: the discipline of examination. WEEK TWO - GROW FORWARDS: the discipline of witnessing. WEEK THREE - GROW WITHWARDS: the discipline of confession. WEEK FOUR - GROW INWARDS: the discipline of Bible memorization. WEEK FIVE - GROW OUTWARDS: the discipline of generous giving. WEEK SIX - GROW UPWARDS: the discipline of prayer. WEEK SEVEN - GROW DOWNWARDS: the discipline of fasting. WEEK EIGHT - GROW TOWARDS JESUS: the goal for each discipline.

A groundbreaking approach to transforming traumatic legacies passed down in families over generations, by an acclaimed expert in the field Depression. Anxiety. Chronic Pain. Phobias. Obsessive thoughts. The evidence is compelling: the roots of these difficulties may not reside in our immediate life experience or in chemical imbalances in our brains—but in the lives of our parents, grandparents, and even great-grandparents. The latest scientific research, now making headlines, supports what many have long intuited—that traumatic experience can be passed down through generations. It Didn't Start with You builds on the work of leading experts in post-traumatic stress, including Mount Sinai School of Medicine neuroscientist Rachel Yehuda and psychiatrist Bessel van der Kolk, author of The Body Keeps the Score. Even if the person who suffered the original trauma has died, or the story has been forgotten or silenced, memory and feelings can live on. These emotional legacies are often hidden, encoded in everything from gene expression to everyday language, and they play a far greater role in our emotional and physical health than has ever before been understood. As a pioneer in the field of inherited family trauma, Mark Wolynn has worked with individuals and groups on a therapeutic level for over twenty years. It Didn't Start with You offers a pragmatic and prescriptive guide to his method, the Core Language Approach. Diagnostic self-inventories provide a way to uncover the fears and anxieties conveyed through everyday words, behaviors, and physical symptoms. Techniques for developing a genogram or extended family tree create a map of experiences going back through the generations. And visualization, active imagination, and direct dialogue create pathways to reconnection, integration, and reclaiming life and health. It Didn't Start With You is a transformative approach to resolving longstanding difficulties that in many cases, traditional therapy, drugs, or other interventions have not had the capacity to touch.

Creative block presents the most crippling—and unfortunately universal—challenge for artists. No longer! This blockbuster of a book is chock-full of solutions for overcoming all manner of artistic impediment. The blogger behind The Jealous Curator interviews 50 successful international artists working in different mediums and mines their insights on how to conquer self-doubt, stay motivated, and get new ideas to flow. Each artist offers a tried-and-true exercise—from road trips to 30-day challenges to cataloging the medicine cabinet— that will kick-start the creative process.

Abundantly visual with more than 300 images showcasing these artists' resulting work, Creative Block is a vital ally to students, artists, and creative professionals.

Your Guide to the Seven-Stage Journey out of Depression

The Unstuck Church

Tapping Solution to Create Lasting Change

What's Best Next

The Transformation

Transform Your Health from the Inside Out--and Never Say Diet Again

Getting Unstuck

Offering a dynamic and pragmatic approach to business success, this helpful handbook introduces the insights, methods, practices, techniques, tools, and strategies used by skilled business leaders in a variety of businesses to motivate a struggling team, change one's goals, develop a clearer picture of where one is headed, or to move forward. Reprint. 50,000 first printing.

Navigate change with clarity and ease using the tools of EFT in this guide from New York Times best-selling author and Tapping expert Jessica Ortner. "The Tapping Solution to Create Lasting Change gets right down to the heart of what it takes to change and have a better, healthier, and more love-filled life." -- Christiane Northrup, M.D. Why do we fear the unknown so intensely that we're willing to shy away from our deepest desires and settle for playing small? Why do we get enthused when we first start something, only to burn out the moment things feel challenging? And why, even when we get the outcomes we desire, do we often struggle to sustain them and instead slip back into old, self-sabotaging patterns? In The Tapping Solution to Create Lasting Change, available for the first time in paperback, New York Times best-selling author Jessica Ortner shares the lessons she's learned about what it feels like to flow through change and how to bring about real transformation in ways that are both authentic and empowering. Her gentle, relatable guidance shows you how to use Tapping, also known as EFT, as a tool for finding the clarity and the ease you crave to move forward; how to navigate the unknown with new energy, hope and an open heart; and how to release the doubts and fears that are clouding your judgment so you can rediscover your true path. It's a new way to look at the one unavoidable constant in life--change--not as an obstacle in our path but as a doorway to joy.

By anchoring your understanding of productivity in God's plan, What's Best Next gives you a practical approach for increasing your effectiveness in everything you do. There are a lot of myths about productivity--what it means to get things done and how to accomplish work that really matters. In our current era of innovation and information overload, it may feel harder than ever to understand the meaning of work or to have a sense of vocation or calling. So how do you get more of the right things done without confusing mere activity for actual productivity? Matt Perman has spent his career helping people learn how to do work in a gospel-centered and effective way. What's Best Next explains his approach to unlocking productivity and fulfillment in work by showing how faith relates to work, even in our everyday grind. What's Best Next is packed with biblical and theological insight and practical counsel that you can put into practice today, such as: How to create a mission statement for your life that's actually practicable. How to delegate to people in a way that really empowers them. How to overcome time killers like procrastination, interruptions, and multitasking by turning them around and making them work for you. How to process workflow efficiently and get your email inbox to zero every day. How to have peace of mind without needing to have everything under control. How generosity is actually the key to unlocking productivity. This expanded edition includes: a new chapter on productivity in a fallen world a new appendix on being more productive with work that requires creative thinking. Productivity isn't just about getting more things done. It's about getting the right things done--the things that count, make a difference, and move the world forward. You can learn how to do work that matters and how to do it well.

If you're thinking about buying this book, it's probably because it feels like something's missing in your career. Guess what? It could be YOU. Whether you're living for the weekends or counting the minutes until 5 pm every day, life is too short to wish it away because you feel stuck in your job. The good news is that you have the power to stop living on autopilot and turn your career around. "Follow your passion," "find your purpose," and "do what you love" have joined the parade of bland directives that aren't doing much to actually help you figure out what you're meant to do with your career. Instead, they only create more confusion. If all we had to do is "follow our bliss" . . . why aren't we blissful yet? The truth is, the best career is not one where you only do what you love, but one where you honor who you are. In You Turn, counterterrorism professional turned career coach Ashley Stahl shares the strategies she's used to help thousands ditch their Monday blues, get clarity on what work lights them up, and devise an action plan to create a career they love. This book gives readers access to Stahl's coveted 11-step roadmap that has guided thousands of coaching clients in 31 countries to self-discovery and success. Throughout her process, you'll:
• Discover your Core Skillset. Uncover your gifts and talents to create an intentional career path that's fulfilling and aligned with who you are—and what you're good at.
• Understand your "Inner Money Blueprint." Discover the root of your money mindset, and how to break free of financial limitation.
• Clarify your Core Interests. Identify the difference between a passion, gift, and calling so you can get clear on what's meant to be a hobby-and what's meant to be a career!
• Become your own coach. Walk away with a unique set of tools for staying true to your best self in times of stress, frustration, or anxiety. Whether you're considering a career pivot, or just curious about what else is possible for you, it's time to make a "you turn"—to get unstuck, discover your true self, and thrive (not just survive) in your career.

Your Guide to the Seven-Stage Journey Out of Depression

A Guide to Discovering Your Next Career Path

Get Unstuck!

Turn Potential Into Purpose

From Chaos to Clarity

The Simple Guide to Restart Your Life

How to Get Unstuck from the Negative Muck

How to Create the Life You've Always Wanted to Live

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Manifesto For A New Medicine

Integrative tools for healing the traumatized mind and body • Combines cutting-edge Western cognitive-behavioral therapy (CBT) and ancient Eastern wisdom to heal Post-Traumatic Stress Disorder (PTSD) • Teaches Kundalini yoga practices specifically designed to reset parts of the brain and body affected by PTSD • Presents a fast-acting, holistic, evidence-based, and drug-free program for eliminating PTSD symptoms and restoring health, vitality, and joy Trauma, the Greek word for “wound,” is the most common form of suffering in the world today. An inescapable part of living, the bad things that happen to us always leave aftereffects in both body and mind. While many people experience these aftereffects and move on, millions of others develop Post-Traumatic Stress Disorder (PTSD)—a painful, chronic, and debilitating barrier to happiness. Reclaiming Life after Trauma addresses both the physical and psychological expressions of PTSD, presenting an integrative, fast-acting, evidence-based, and drug-free path to recovery. Authors Daniel Mintie, LCSW, and Julie K. Staples, Ph.D., begin with an overview of PTSD and the ways in which it changes our bodies and minds. They present research findings on cognitive-behavioral therapy (CBT) and yoga, giving the reader insights into how these powerful modalities can counteract and reverse the physical and mental aftereffects of trauma. The authors provide a suite of simple, powerful, and easily learned tools readers can put to immediate use to reset their traumatized bodies and minds. On the physical side, they teach four Kundalini yoga techniques that address the hypervigilance, flashbacks, and insomnia characteristic of PTSD. On the psychological side, they present 25 powerful CBT tools that target the self-defeating beliefs, negative emotions, and self-sabotaging behaviors that accompany the disorder. Drawing on many years of clinical work and their experience administering the successful Integrative Trauma Recovery Program, the authors help readers understand PTSD as a mind-body disorder from which we can use our own minds and bodies to recover. Woven throughout the book are inspiring real-life accounts of PTSD recoveries showing how men and women of all ages have used these tools to reclaim their vitality, physical health, peace, and joy.

With distance learning, teens are having to manage their time and attention now more than ever. Procrastination is especially tough for young adults. Getting started is overwhelming, it’s hard to get motivated, not knowing how long things take messes up planning, and distractions are everywhere. We are all wired to put things off, but we can learn tools and techniques to kick this habit. This book is a user-friendly guide to help teens get their tasks done. Simple, straightforward, and with a touch of humor, it’s packed with practical solutions and easily digestible tips to stay on top of homework, develop a sense of time, manage digital distractions, create easy-to-follow routines, and get unstuck. In her breezy, witty style, internationally recognized academic and parenting coach Leslie Josel opens the door to a student’s view of procrastination, dives deep into what that really looks like, and offers up her Triple Ts[?]tips, tools and techniques[?]to teach students how to get stuff done...now. “Hey Guys! This book is the easiest and fastest way for you to learn how to help yourself. If your parents are constantly on you about school stuff, how you manage your time or things like that you’ll definitely want to use this book.” [?] Ryan Wexelblatt, LCSW (ADHD Dude) “Listen up, parents! This is the book that will get teens nodding their heads[?]and actually using the strategies and tips as they transform their study time! Teens and college students alike will feel totally empowered as they tackle their toughest obstacles: procrastination, distraction, organization, and all the rest. With real-life examples and a super-readable format, students will gain the practical help they need to power through their studies and do their best work.” Amy McCready, author of The “Me, Me, Me” Epidemic: A Step-by-Step Guide to Raising Capable, Grateful Kids in an Over-Entitled World

“For the last twenty-five years, Dr. James Gordon has pioneered an approach to healing that synthesizes the best of modern scientific medicine with the best of the alternative techniques. Here he leads”

Despite the billions spent on prescription anti-depressant drugs and psychotherapy, people everywhere continue to grapple with depression James Gordon, one of the United States’ most respected psychiatrists, now offers a practical and effective way to get unstuck. Dr Gordon believes that depression is not an end point, a disease over which we have no control. Instead it is a sign that our lives are out of balance, that we’re stuck. It’s a wake-up call and the start of a journey that can help us become whole and happy, one that can change and transform our lives. Drawing on 40 years of pioneering work, Unstuck provides a simple seven-stage program for relief through food and nutritional supplements; Chinese medicine; movement, exercise and dance; psychotherapy, meditation and guided imagery; and spiritual practice. Using these techniques, you’ll discover your own path to permanent freedom from depression. Unstuck is an incredibly thoughtful, practical and meditative guide to the difficult but rewarding journey out of depression.

The Science of Stuck

Body Kindness

How to Transform Your Life One Step at a Time

How Dead Ends Become New Paths

Unstuck

Get Unstuck and Stay Unstuck

Your Guide to Finding Freedom from Any of Life’s Challenges

Do you feel STUCK in one or more areas of your life. Do you feel like you are subject to the incessant chatter of the negative voices in your head? This book is for you! For those that are already doing well, the information and practical exercises presented in this book will help the reader create lifestyle habits to squeeze even more juice out of life. This book enables you to: - understand the patterns that cause them to feel stuck - identify the patterns that will set them free - align with having the things they want most in life - shift disempowering ways of thinking - get unstuck and stay unstuck Unstuck Yourself is more than just a book... it's a life guide! Whether you are just looking to make some minor improvements in your perspective on life, taking your personal or professional game up a notch, or healing after a major life challenge... this book applies to you!

Are you disappointed that your life didn’t turn out the way you planned, expected or hoped? Do you constantly feel overwhelmed and stuck in a life that doesn't feel like yours? "Getting Unstuck: How To Create The Life You've Always Wanted To Live" is a step by step guide that offers practical tips and advice on reframing negative thoughts, eliminating limiting beliefs and turning life's biggest obstacles into opportunities.In these pages you'll discover: Creating The Vision Finding Your Purpose The Power of Your Words The Beauty of Failures The Secret To Making Better Decisions and MoreLife's too short to be unhappy, unsure, or unfulfilled. So, what are you waiting for? "Getting Unstuck: How To Create The Life You've Always Wanted To Live" will inspire you to unlock your highest potential and resurrect those dreams you thought were dead!

Become your own life coach without spending hundreds on one-on-one calls. You hear it all the time: "Your potential is limitless!" But what does it actually mean? If you're like most of us, then life certainly appears to have a great number of limitations. Maybe sometimes you even feel stuck, as if there is no way out. Does your boss repeatedly compliment your coworkers yet never seem to simply notice you? Do you constantly feel drained, as if the tasks before you are just too much for someone to undertake? In Your Unlimited Opportunities & the Art of Personal Transformation, you'll discover: Why your limiting belief system is the #1 obstacle in the way of your success and how you can overcome it today How you can turn your emotions into a superpower, and why this will impress the heck out of your boss The hidden aspects of procrastination and failure, and how you can turn them around for creating a more successful future In Ikigai, How to Choose your Career Path and Discover Your Strengths you will discover: A simple exercise that will help you know yourself more and understand what you find meaningful in a job Inspirational stories of career shifts that show you anything's possible, even if you're in your 40s and in a totally unrelated industry Why you can be a stronger candidate than people with more experience, and how you can build up your knowledge and skills without getting another degree With just a few minutes of focus per day, you can guide yourself towards a life of abundant opportunity and endless wealth. You can take back control of your life and become the person you've always wished you could be, but it won't happen without any initiative from your side of the equation...

02

A Story About Gaining Perspective, Creating Traction, and Pursuing Your Passion

Because Fear Is Not the Boss of You

How to Get Unstuck and Live Your Best Life 2 Books in 1

How to Get Unstuck

Healing PTSD with Cognitive-Behavioral Therapy and Yoga

Roar

Breaking Through Inertia to Find Your Path Forward

UnstuckYour Guide to the Seven-Stage Journey Out of DepressionPenguin

A guide and workbook in one, by the author of How to be Happy (No Fairy Dust or Moonbeams Required) and Relax and Color. If you're tired of marking time, racing around in circles, or feeling like you're stuck in quicksand, this is the book for you! Getting Unstuck offers insight into how we get stuck so you can break out of your mental traps and get out of your own way. It gives practical, concrete suggestions so you can get out of your rut and get your life moving again. This book can help you: Overcome procrastination Figure out what you really want and how to get it Erase the limits that hold you back Deal gracefully with events and other people's actions in your life Love and support yourself Take action and get results Both a workbook and a guide, Getting Unstuck contains questions and thought-provoking exercises to help you go deeper, apply the ideas to your unique situation, build the life you want, and get results faster. This book also comes with a downloadable version of the workbook, with all of the questions together in one place. If you're tired of being stuck and feeling like you don't know what to do, it's time to make a change. Getting Unstuck will help you get back on track and get things done now. It will also help you create a roadmap to the life you really want and start getting there, step by step. If you're like most people, even if you're very unhappy with where your life is now, you really don't need to make a lot of big changes to feel better. Just a few small tweaks can make a huge difference in your level of happiness and satisfaction with your life. This book will show you how. Everyone feels stuck every now and again, paralyzed by the gnawing feeling that something must change — whether in one ' s work or work environment, or in a life situation or way of living. But when is this feeling an indication of major psychological impasse? And when will this failure to get “ unstuck ” threaten not only your personal life and career, but even the healthy functioning of the rest of your team or organization? What are the steps to navigate out of this kind of rut and find a meaningful way forward? In Getting Unstuck, psychologist Timothy Butler shares a proven model for moving from a state of career or life impasse to a new vision based on deeper knowledge of the work and life structures that will ultimately be most meaningful. Outlining a process that he has used with thousands of executives and MBA students, Butler explains how to recognize a state of psychological impasse and shows that this state is in fact the beginning of a necessary and predictable process of psychological development that is repeated many times throughout one ' s life. Further, he shows how to turn impasse into a vision of meaning and purpose, first by awakening and deepening one ' s imagination, then by recognizing patterns of meaning in one ' s life, and finally, by taking action to turn one ' s meaningful vision into a daily reality. Supported by a wide range of stories of others who have accomplished similar life transitions, this book is written for anyone who feels stuck and is looking for practical and authoritative guidance for moving out of his or her own immediate impasse.

None of us is immune to writer’s block. From well-known novelists to students, associates in business and law firms, and even those who struggle to sit down to write personal correspondence or journal entries -- everyone who writes has experienced either brief moments or longer periods when the words simply won’t come. In Unstuck, poet, author and writing coach Jane Anne Staw uncovers the reasons we get blocked - from practical to emotional, and many in between - and offers powerful ways to get writing again. Based on her experiences working with writers as well as her own struggle with writer’s block, Staw provides comfort and encouragement, along with effective strategies for working through this common yet vexing problem. Topics include: understanding what’s behind the block * handling anxiety and fear * carving out time and space to write * clearing out old beliefs and doubts * techniques to relax and begin * managing your expectations as well as those of family and friends * experimenting with genre, voice, and subject matter * defusing the emotional traps that sabotage progress and success * ending the struggle and regaining confidence and freedom by finding your true voice - and using it. Writers of all levels will find solace, support, and help in this book, leading them to an even deeper connection with their work and more productivity on the page.

Equipping Churches to Experience Sustained Health

UNSTUCK

Ikigai, How to Choose Your Career Path and Discover Your Strengths + Your Unlimited Opportunities & the Art of Personal Transformation

Getting Unstuck Without Coming Unglued

So Now What?: A Guide for People Who Feel Stuck

Life Unstuck

Why You’re Stuck

Imagine a graph with two lines. One indicates happiness, the other tracks how you feel about your body. If you're like millions of people, the lines do not intersect. But what if they did? This practical, inspirational, and visually lively book shows you how to create a healthier and happier life by treating yourself with compassion rather than shame. It shows the way to understanding how to love, connect, and care for yourself—and that includes your mind as well as your body. Body Kindness is based on four principles. WHAT YOU DO: the choices you make about food, exercise, sleep, and more HOW YOU FEEL: befriending your emotions and standing up to the unhelpful voice in your head WHO YOU ARE: goal-setting based on your p YOU BELONG: body-loving support from people and communities that help you create a meaningful life With mind and body exercises to keep your energy spiraling up and prompts to help you identify what YOU really want and care about, Body Kindness helps you let go of things you can’t control and embrace the things you can by finding the workable, daily steps that

the anti-diet book that leads to a more joyful and meaningful life!

Are You Pissed Off That Life Didn’t Give You An Instruction Manual?Do you find yourself struggling to figure out what you really want in life? Or do you know exactly what you want, but can’t ever get it because you’re trapped by fears, unwanted thoughts, and unshakeable habits?Are you successful in certain areas, but still feel like something is missing in your relationship, health, or overall happiness?No matter what your challenge is, the root cause of why we get stuck in any area of life is fundamentally the same. The good news is that when you understand what’s really been secretly holding you back, you’ll finally have the map for how to escape. You’re about to discover:• The secret to getting answers when you’re feeling lost, confused or where to even begin.• How to tap into your inner strength to experience more motivation, happiness, and fulfillment on demand – regardless of what’s happening in your life.• How to get whatever you want even if you’re stressed out, busy, or have a million excuses.• What the 6 things are that drive all of your behavior and how to tap into them to reprogram your neurological level.• What the most common fear is that holds people back, and why you’ll never overcome it until you understand this one simple thing.• Why it’s impossible to remove a bad habit, and what you must do instead.• Why a force stronger than willpower may be your missing link to getting yourself out of any rut.• Why much of the great advice you’ve heard from personal development gurus, may be the very thing that’s keeping you stuck.• Why looking to find your life’s purpose is almost always going to backfire on you.• Why the truth gets you stuck more often than lies, and what the “real” truth is when it comes to you becoming a master of your life.• How being selfish can be the best thing for you and for the rest of the world. exactly what you need to make your next breakthrough.If you've ever asked yourself... • What’s my purpose and how do I find it? • Why do I know I should feel grateful, happy, or fulfilled but still I feel absolutely miserable?• Why can’t I get myself to do the things I say I’m going to do?• Why are people crazy and how do I learn to live with them?• How can I stop obsessing over unwanted emotions?• What can I possibly do to change things when everything seems so hopeless and beyond my control?If so, then this will be one of the most eye-opening books you’ll ever read. How can I make such a bold claim?I am regular guy who used to be out of shape, broke, and struggling to find answers to life’s big questions. After years of study and taking courses from the world’s leading experts in psychology, neuroscience, spirituality, and personal development, I applied many great concepts to my own life. And... nothing much happened.At least not until I discovered a few more key insights that tied everything together into a concise system. Since then, I've become a bestselling author, achieved financial freedom, and am living a life of freedom and fulfillment. So I decided to write the book I wish I had handed to me from the very start of things, the instruction manual for life if you will, to help you achieve whatever breakthroughs you desire in your life. This book is my gift to you, and I hope you enjoy reading it as much as I enjoyed writing it. To your happiness and success.

Do you feel stuck? Maybe circumstances beyond your control have drastically altered your life. The people you work with are extremely difficult to deal with. Your spouse or child is having a crisis. You can’t lose those extra ten pounds. You find it hard to concentrate. You feel unloved. You’re not sure what you’re here for. You just don’t know what to do next. We all have big questions. There is a way out. We just need to find it. We get stuck because of fear, negative emotions, erroneous beliefs, our attempts to control what we can’t, and our lack of skills needed to be free. But the biggest reason? We won’t take the steps necessary. They all come down to one question: “So Now What?” Progress in our lives depends on our physical health. These three elements build on one another and support each other when any of them wavers. The answers to your relationship questions may rely on your physical health. The answers to your physical ailments may rely on your spiritual health. And the answers to your spiritual questions may rely on your mental health. When you get unstuck, you will look better, feel better, and have freedom. You will have love. AUTHOR BIOGRAPHY Catherine A. Brennan's journey includes healing from a 35-year battle with depression after doctors, counselors, and the church failed her. Throughout her life, Cathy fought hard to keep her secret hidden, but she was weighed down by her unhealthy body, mind, and spirit. Her tenacity caused her to keep asking, “What are the answers?” A myriad of answers came, many from unexpected places. Each of the healing professions had some of the answers, but until she took ownership of her illness and fought for her survival, she was stuck. Blame, frustration, and sadness kept her locked up until “So Now What?” became her friend. After freeing herself from depression, Catherine found her inner athlete, and became a triathlete. She has run three marathons and participated in many half marathons and triathlons. She started a blog and speaking business focusing on the benefits of improving physical, mental, and spiritual health. She and her husband Mike have two married sons. AUTHOR HOME: Mankato, MN

FACT: You have about 40,000 negative thoughts every day. And your child does too. We can’t make negative thoughts go away completely. But we can learn healthy ways to cope with them. And most importantly, we can take away their power to determine our mood and behavior. Using kid-friendly text, interactive cartoons, and engaging journal exercises, your child will learn how to manage their thoughts and feelings. Now Available! How To Get Unstuck From The Negative Muck Kid’s Journal

Create a Life Not Limited by Money

How Inherited Family Trauma Shapes Who We Are and How to End the Cycle

A Guide to Get Unstuck and Find Your Flow

A Creative Guide to Getting Unstuck from Anxiety, Setbacks, and Stress

A Clinician's Guide to Overcoming Common Obstacles in Acceptance and Commitment Therapy

A Supportive and Practical Guide to Working Through Writer’s Block

Your Guide To Healing Partnerships And The Wise Use Of Alternative Therapies

Untwist the question mark from your life to start living authentically UNSTUCK offers a path forward for those who are "stuck"—despite the comfort, security, and what should feel like success. Do you feel disengaged from a life that looks good on paper? Do you feel like there must be something more? This is your guide to getting unstuck, breaking free of your comfortable cocoon, and discovering what you are meant to be. Through the story of George Johnson, a man in a position much like yourself, you'll learn how to shed the boredom, emptiness, and confusion so you can get on with your life. Whether you need a complete overhaul or just a jumpstart, you'll find the advice

you need to start making it happen. More than just a story, this book shifts your perspective to help you realistically plan a transition from the ordinary present to the extraordinary future; emotional support coupled with practical guidance helps you find your path, identify your destination, and begin your journey. Re-think your purpose in life and discover your calling Rediscover the truth about yourself and who you really want to be Follow a clear formula for moving forward with authenticity Break out of your comfort zone and feel fully alive The fact that you've succeeded doesn't mean that you can never change; your dedication, commitment, and skills got you this far—imagine what they could do with a healthy dose of passion! You Unstuck re-acquaints you with your authentic self, helps you uncover your passion, and guides you toward your next big thing.

If you're feeling stuck in your life, this book can show you how to identify what's holding you back and how to make change so you can transition to a life that you love living, instead of one you think you should be living. Alex shares her own struggle with being stuck and how she moved from a life that felt unfulfilled, constricted, and frustrated to one that is expansive and filled with love, abundance, and joy. She lives by the belief that if she can make these changes, anyone can, and she provides a step-by-step guide for how to do just that. If you dare to create the life you want instead of doing the same old thing over and over, this book is for you.

Acceptance and commitment therapy (ACT) is a powerful, evidence-based treatment for clients struggling with depression, anxiety, addiction, eating disorders, and a host of other mental health conditions. It is based in the belief that the road to lasting happiness and well-being begins with accepting our thoughts, rather than trying to change them. However, ACT can present certain roadblocks during treatment. As a mental health professional, you may adopt basic principles of ACT easily, but it generally takes at least two or three years of hard work and ongoing study to become truly fluid in the model. During that time, you will probably find yourself "stuck" at some point, and so will your clients. In Getting Unstuck in ACT, psychotherapist and bestselling author of ACT Made Simple, Russ Harris, provides solutions for overcoming the most common roadblocks in ACT. In the book, you will learn how to deal with reluctant or unmotivated clients, as well as how to get past certain theoretical aspects of ACT that some clients may find confusing. This book will help clients deal with sticky dilemmas and unsolvable problems, and will help simplify key ACT concepts to help you break down psychological barriers. Other common problems with ACT that the book addresses are inconsistencies and sending mixed messages, talking and explaining ACT instead of doing it, being too eager to treat a client, being a "Mr. Nice Guy or Ms. Nice Girl," or putting too much focus on one process while neglecting others. The chapters of the book are based in real life scenarios that take place between therapist and client, and the author provides feedback by analyzing mistakes in what was said and where improvements could be made. As more and more mental health professionals incorporate ACT into their practice, it is increasingly necessary to have a guide that offers them effective solutions to common ACT roadblocks. For that reason, this book is a must-have for any ACT therapist.

"From author Michael Clinton, former president and publishing director of Hearst Magazines, ROAR helps both those considering retirement and those who have no wish to retire get on with fulfilling their dreams--before it's too late"--Publisher marketing.

Finding Peace with Your Past, Purpose in Your Present, Passion for Your Future

Reclaiming Life after Trauma

A Kid's Guide to Getting Rid of Negative Thinking

Unstuck Yourself

A Woman's Guide to Unblocking Creativity

Grow Your Soul

How to Do It Now Because It's Not Going Away

Whether new to the journey of self-discovery or one who has already begun the journey, author John Seeley gives practical techniques to assist readers in the process of getting unstuck, reclaim a greater sense of personal power, and create a life they are truly meant to live.

Counsels writers on how to understand and overcome creative blocks, addressing obstacles of particular concern to women, from a fear of success and competing in male-dominated fields to balancing the needs of a job and family, in a guide that also shares tips on how to address procrastination. Original.

Do you feel stuck? Unsure of where you want your life to go or what you're called to do? Entrepreneur and business coach Jennifer Allwood knows the courage and obedience it takes to push past the excuses, the history, and the distractions that hold you back so you can reach for the life God has for you. In Get Unstuck and Stay Unstuck, Jennifer Allwood motivates and encourages you to seek a deeper understanding of yourself and your relationship with God. She equips you to identify what is holding you back, to embrace change, to practice obedience, and to find the courage to get unstuck--and stay that way. This high-design four-color book offers straightforward, honest advice and steps for men and women to: face your fears pray and listen for God's guidance move past obstacles grow with the help of a compassionate guide enhance spiritual development With space for journaling and questions that encourage deeper reflection, this portable and giftable book is a beautiful gift or self-purchase for someone who is looking to make a decision, get over a hurdle, climb out of a pit, or transcend to the next level, whether personally, professionally, in relationships, and more. Journey with Jennifer Allwood as she coaches you to a life of purpose and bravery as you reach for God's dreams for you.

How to Get Unstuck introduces readers to the ten core principles at the heart of becoming an effective person whose life genuinely flourishes and impacts others positively. Bad news first: we all get stuck. It's a fact of life. But the good news is that it is possible to get unstuck and overcome the obstacles to doing great work and getting the right things done. The question becomes: How do you get "unstuck" in your productivity in both work and life—and how to do it in a spiritually healthy way? Matt Perman—author of What's Best Next and director of career development at The King's College, NYC—has spent his career helping people learn how to do work in a gospel-centered and effective way, combining theological substance with practical self-management. In How to Get Unstuck, he will walk you step-by-step through the core principles that free you to be more effective in everything you do by helping you: Understand how you get stuck and what your obstacles are. Prepare to get unstuck by grappling with who you are and how you see yourself. Develop a practice of personal management. Overcome obstacles and adapt to unforeseen problems. Drawing on the wisdom of the Bible and on the best of today's research, How to Get Unstuck shows believers and non-believers alike how to live productive, integrated lives and develops a poignant portrayal of true effectiveness. *Included is a detailed plan for getting started using the principles and applying them to real life situations.

How the Gospel Transforms the Way You Get Things Done

Getting Unstuck in ACT

Getting Unstuck & Creating a Life You Love

It Didn't Start with You

An Expert Guide to Getting Stuff Done

Stuck Study Guide

Breaking Free from Barriers to Your Productivity