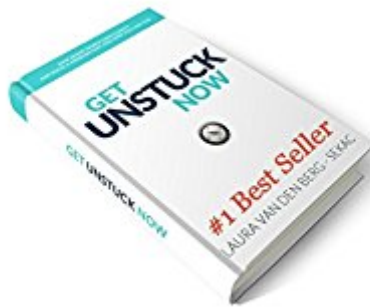


The book was found

Get Unstuck Now: How Smart People Gain Clarity And Solve A Problem Fast, And How You Can Too



Synopsis

Do you struggle to achieve your goals and dreams? Wishing you could just work through your challenges with clarity and ease instead of feeling confused, overwhelmed, and almost wanting to give up? At some point in our lives, most of us have experienced the frustrating sense of "being stuck", of being unable to change our circumstances. You might feel stuck in a job you hate, in an unhappy relationship, or in a challenging situation. You might have writer's block, feel unable to express your creativity, or feel like you're wasting time and precious years of your life. Or you might feel stuck in your entire life and wish to change everything – craving for some magic key that unlocks the door you're stuck behind, revealing a path out of the darkness. Well, what if there WAS such a possibility? Something that would help you identify what your challenge truly is about, and where you need to focus, so that you can break through being stuck? Would you be interested? Would you like to gain clarity about what's really going on in your life? This book can help you. It can help you understand the core of why you are stuck, and give you a higher perspective about your life. Then it will give you practical support and the tools you need to find your way out of the mire. These tools will help you:

- * Understand the essential principles and elements that you need to apply in order to break free.
- * Explore the vital ingredients that make up our lives, and how they affect your everyday life.
- * Become aware of how your inner and outer world relate to each other.
- * Discover the ONE thing without which you will not have the will and motivation to truly change something.
- * Learn the art of staying true to yourself, and keeping on track.
- * Understand how your "inner child" may keep you stuck, and how to deal with it.
- * Build a firm foundation of inner power, trust, and support.
- * Get crystal clear on your action steps, and move forward with more ease and joy.

You will also learn how to stay more detached from negative emotions, needless speculations, inner dialogues, and all kinds of scenarios that prevent you to build and keep the momentum. You see, when you gain clarity, and know in your heart what action you need to take, half of your problems will naturally resolve themselves. When you know what is really going on you feel lighter in your heart. And instead of ruminating thoughts and sleepless nights, you can open our mind to creative solutions. Because if you cannot resolve a problem, it may be an indication that you're not solving the right level of the problem. In another words: in order to solve a problem or overcome a challenge, you must go deeper, and **BROADEN YOUR PERSPECTIVE** as much as possible. To broaden your perspective, you must involve your **HEART**. And this is exactly the goal of this book. If this sounds like something you'd like to learn, you don't have to wait. Hit the orange button, and order now so you can get unstuck fast!

TAGS: Personal Development, Empowerment, Inner Strength, Clear Inner Vision, Inspiration, Motivation, Self-Respect, Exchanges,

Equal Relationships, Self-KnowledgeP.S. The e-book comes with a (free) GOAL MAPPING SHEET: How to Clearly Define Your Goal So You Can Move Forward Fast and with Confidence

Book Information

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Customer Reviews

Inspiring, and motivating. A great read. This book gave me my new mantra, and I will always be grateful for that. I can't recommend it more highly. Plus its a quick and easy read. This book will help you get off your butt with confidence in yourself.

If you ever needed some encouraging words as well as some specific steps to get your life on track this is the book to read. More than read, study. Such clear cut solutions to old patterns. I just loved this book and could not put it down. I will be checking on my "exchanges" carefully to keep them in line. If you are an over giver and don't put yourself first you have to read this book.

I really liked this book. The author walks you through simple steps to get you to systematically solve

problems and get you moving forward. It is a well known fact that successful people recover fast and get themselves out of issues faster than unsuccessful people. It is mainly that mindset that allows them success while others simply stay stuck on the first few obstacles. This book will teach you how to get back on track. I love how the author says: "Getting stuck is just a symptom of interruption of the natural flow". She explains the concept in the form of having an 'exchange'... a give and receive platform. An exchange...changes things. In other words exchanging one thing for another. A key point of this exchange is how you treat yourself. According to the author how you treat yourself is what effects the outcome of everything. She will walk you through the journey on how to achieve your outcomes by understanding how to treat yourself better and to allow yourself to let go of unfinished and unclosed things and get yourself unstuck and moving forward towards your goals and outcome.

Get UNSTUCK Now: This is a nice three-words title that will liberate many. In order to solve a problem, you have to know that you have a problem. Many people who are stuck and keep on chasing their tails have no idea that they are stuck. Laura takes you by the hand and shows you the many ways of being stuck. Once you determine your particular situation, she gives you clear solutions for getting out of it. Recognize your problems and get the solutions. The book is easy read, short and concise. This book will help many people in this 21st century filled with stress, anxiety, depression and other emotional issues. I was at a Lunch and Learn noon conference last week and the speaker was a therapist who helps people get unstuck. I recommended Laura's book to her. I am really glad I came across this book. I will continue to reference it and to recommend it to others. Let's set goals, let's move these goals forward, let's GET UNSTUCK!Reviewed by Ben

The Author, Laura Van Den Berg, shows us that the way to get "unstuck" is by going "inwards" and delving deep into the events that we use as excuses to self-sabotage ourselves - i.e. The things that keep us stuck. And how does she propose getting "unstuck" ? - by doing 4 specific things: (1) Deciding:- i.e. Making a decision or deciding on a specific goal. (2) Having Faith in yourself and reconnecting with the feeling of "being able to" accomplish the very thing that you set your mind to. (3) Being willing to take action towards achieving that goal (4) Being ready to receive the solution, NOW!She further encourages us to put every thought we have through a filter; a specific question we should ask of ourselves: "Is it Joyful, Loving and Respectful for me?" If the answer is "no" then don't do it and if the answer is "yes!" - then that's the green light to go ahead.However good the advice; what I loved most about the book was the Author's own story. It tied everything together for

me and made the book a great read!

I've believed for years that one of the secrets to a long and happy life is the development of good habits. And, in my view, even laughter and happiness can become habitual if you make them a priority and ... get unstuck from whatever is preventing you from doing what needs to be done. Sounds easy, but it's hard to get "unstuck" from our bad habits, turn our lives around, achieve our goals, and make our dreams come true. That's where this book comes in. It helps us to free ourselves to do what we know, deep down, needs to be done.

If you want to gain control clarity in your life then this book is the key to it. This will not only help you discover your inner strength's, but also enable you to work on your weaknesses by identifying issues and resolving them, making your emotional and practical life balanced. Also if your focus is right, then I give you my word that it will broaden your vision changing you into a better person in life. Great work by Laura, highly recommended for those who are lost finding themselves in this fast moving world!!

Success leaves clues, The Author takes you through simple strategies to work through challenges and overcome them. I encourage you not to just skim through this book. Instead, savor every strategy, instructions and process to get your life back on the track to making maximum success,

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