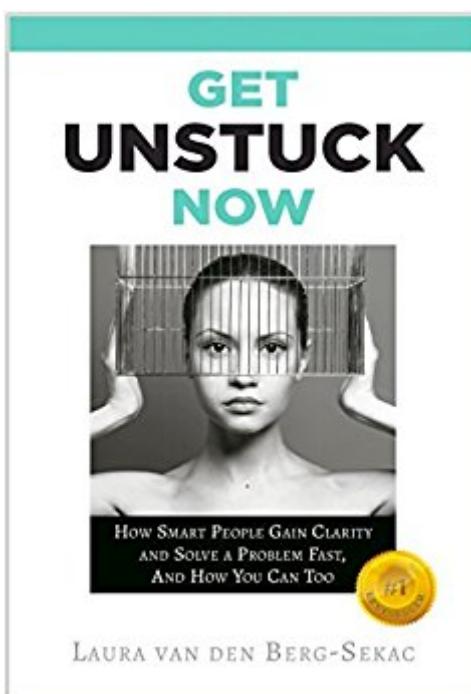


The book was found

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



Synopsis

Would You Like to Make a Fresh Start? Do you struggle to achieve your goals and dreams instead of living a life that fulfills you? Do you wish you had more clarity about what's really going on in your life, so you can work more effectively through your problems and challenges instead of feeling confused, stuck, overwhelmed, and almost wanting to give up? If you answered YES to any of these, Get Unstuck Now may be the right book for you. If you feel stuck, you're not alone. Most of us have felt the frustrating sense of feeling trapped, of being unable to change our circumstances, express our creativity, or finding clarity about our purpose in life. You might feel stuck in a job you hate, in an unhappy marriage, toxic relationship, or in a challenging situation. You even might feel stuck in your entire life, and wish to change everything â “ craving for some magic key that unlocks the door youâ ™re stuck behind. What if, instead of racking your brains, there WAS such a key? Would you be interested? Your "Problem" May Not Be the Real Problem When we get stuck or procrastinate, we usually think that the problem is due to our lack of discipline, talent, or dedication. But thatâ ™s rarely the case. On the whole, thereâ ™s often an underlying conflict or confusion that prevent us to go on. When we understand whatâ ™s really going on in our life, often, half of our problems and challenges will naturally resolve themselves. When we are crystal clear, we feel lighter in our hearts. We know in our heart what action we need to take, and instead of ruminating thoughts and sleepless nights, we can open our mind to creative solutions. To Unstuck, You Must Go Much Deeper Because, if you cannot resolve a problem, it may be an indication that youâ ™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 be willing to KNOW and LOVE YOURSELF MORE. If you do this, your life will start to flow again. And This Is Exactly the Goal of This Transformational Book. It takes you into the fascinating deeper layers of yourself and your life, and teaches you about the real, underlying causes of getting stuck, based on the authorâ ™s own or her clientsâ ™ experience. It covers questions such as: * What are the real factors that define our lives? * How do they influence what occurs in our life right now? * Why do we lose our motivation, driving force, or creativity? * Why do we sabotage ourselves or hold ourselves back? YOU WILL LEARN * The real, underlying cause of being stuck * How everything that happens in the world, in your life, and inside of you are all interconnected; and how to align it into harmony. * The essential principles and elements that you need to apply in order to BREAK FREE, stay clear and confident, and make your life more meaningful. * The ONE crucial thing without which you will NOT have the will and motivation to truly change something. * How your inner child may keep you stuck, and how

to deal with it. â |and many more practical tools and fresh ideas to get unstuck and start creating a life that supports you, and also tools for overcoming the typical doubt and uncertainty that impedes success. If this sounds like something you'd like to learn, you don't have to wait. Start to empower yourself right now! About the Author Laura van den Berg-Sekac is a bestselling author and personal transformation mentor. She writes and teaches about things, such as self-knowledge, self-exploration, being authentic, getting unstuck, loving yourself (more), finding your life purpose.

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Customer Reviews

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!

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.

Get Unstuck Now: How Smart People Gain Clarity and Solve a Problem NowÃ¢Â• is an inspiring and eye-opening book that truly expanded my view of myself. It gives a fresh, insightful perspective on being stuck that is completely different from the mainstream approach. Laura shows us how our attitude towards ourselves affects ourselves, our lives, our relationships, health, career, and the people around us, and teaches us how to take full control and live a self-empowered life. A great read.

Laura speaks from her heart. She is a straight shooter. If you really want to benefit from this, get a notepad and make some serious notes Ã¢Â“ which ones are the items that are most relevant for you and you will make it work. . It is loaded with information. This is like a full credit course in the form of a book. I find it beneficial to scan thru the whole thing one time. And then go back thru it again slowly section by section, make some notes with specific action items that are relevant to the areas that I want to grow in. Like everything else in life , it works when we make the decision to grow and put it to work. This book will show you the way. All you have to is read this book, follow the steps and take action. This book is wonderful, either as a manual to review in great detail or as a reference to skim as needed. Thanks Laura for pouring your heart out.

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!!

I appreciated the systematic way the author approached the issue of "being stuck." If you suspect your life could be different, this is the book for you. If you have tried and tried to change your life, this book may provide some unique insights in where you should begin. One insight I gained from the book was to look at everything as an "exchange." This is the concept that whenever you interact with anyone, or anything, it's always a transaction. You are exchanging one behavior for another. You are exchanging one experience for another. Another valuable insight for me, is the notion of how you do one thing, you do everything. Everything is connected.

The author gets to the inner core of what is really behind being stuck. She asks helpful questions throughout to help the reader explore the next steps they need to take. And provides practical action steps. If you really want to get unstuck you've got to engage with the material, not just read it.

I really liked this book. It's simple and clear. No gimmicks or 'branded' methods. I'll be re-reading it many times. The only suggestion I'd have is to have more steps that can be taken away without re-reading everything (not a big deal, though).

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Good to Leave, Too Bad to Stay: A Step-by-Step Guide to Help You Decide Whether to Stay In or Get Out of Your Relationship Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports) Respiratory Therapy: 66 Test Questions Student Respiratory Therapists Get Wrong Every Time: (Volume 2 of 2): Now You Don't Have Too! (Respiratory Therapy Board Exam Preparation) You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself Dominate Life: How to Get Clarity, Find Your Passion, and Live a Life You Love The Haywire Heart: How too much exercise can kill you, and what you can do to protect your heart Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs)

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