



## Getting Unstuck: How to transform your life one step at a time

*Cara Stein*

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## Getting Unstuck: How to transform your life one step at a time Cara Stein

*Get ready for some inspiration and motivation from 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

This book also comes with a free, downloadable PDF workbook to help you dig deep into what's holding you back and get more results faster!

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.



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