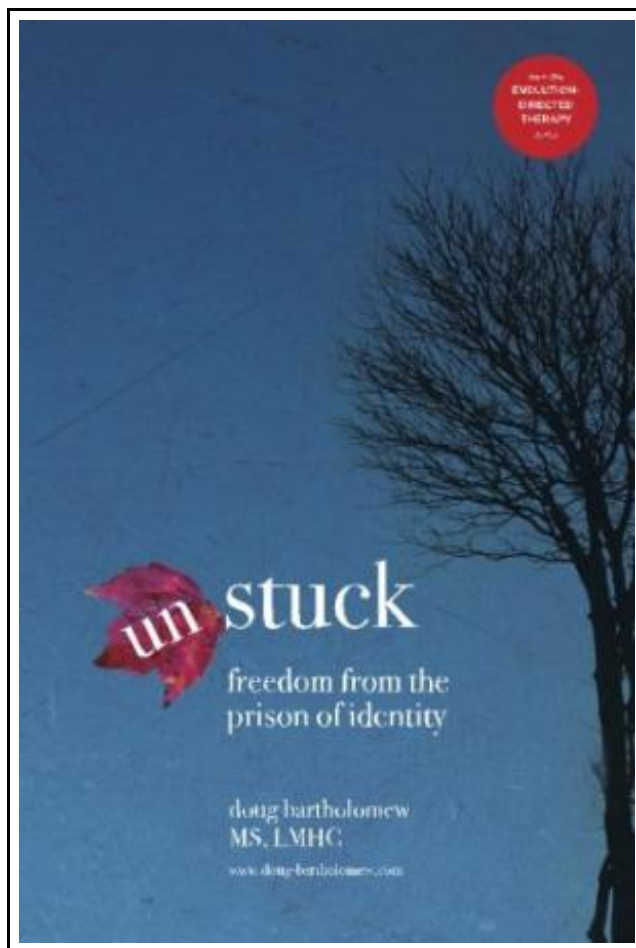


Un-Stuck: Freedom from the Prison of Identity



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Reviews

The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.

(Tomas Witting)

UN-STUCK: FREEDOM FROM THE PRISON OF IDENTITY



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You don t have to be stuck! In everyone s life there are times when we find ourselves unable to adapt or change when our circumstances or needs have changed. When our old definition of ourselves or of who we are does not leave room for doing what we need to do in order to have a rewarding, fulfilling life. When we cling to that old identity, that old definition of who we are, we become stuck, unable to change and adapt, and we can become prisoners of that identity. Un-Stuck is a succinct, practical guide to understanding our identity as a paradigm - a specific set of ideas and perceptions - which must be periodically updated so that we can grow and evolve as our lives develop, and how to do so. So that we can be effective and successful in our own lives and the lives of those around us. Based on the author s 40 years experience as a Mental Health Counselor, Un-Stuck provides exercises, information and ideas for understanding how you may be stuck - by identifying with that old identity - and for releasing yourself from that prison in order to grow and change and find a more fluid, fulfilling life.



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