

# Get Unstuck™

**A Guide  
for those  
over 50**

**Andrew Pais**  
MCHL, MNLP, MTT, MSC



# Get Unstuck A Guide For Those Over 50

**Nicole Fenton, Kate Kiefer Lee**



## **Get Unstuck A Guide For Those Over 50:**

*Get Unstuck...a Guide for Those Over 50* Andrew D Pais,2014-09-16 Are you over 50 and realizing that with modern medicine you could be working for another 25 30 years Are you like so many fellow Baby Boomers held back by beliefs and decisions that are no longer true Are you stuck accepting false limitations about who you are and what you can be Do you need more confidence to step into the unknown In *Get Unstuck* Andrew Pais shares the lessons he has learned and the solutions he has developed to help you understand the possibilities to reach for new opportunities He helps you loosen your grip on problems and behaviors in your personal life and your career that are keeping you from achieving the success and happiness you deserve Whether you are facing a career change or dealing with long time unemployment you too can Get Unstuck

**Get Unstuck For Kids A Fun, Interactive Guide to Empower Your Kids For Life ,     The Power of No**  
James Altucher,Claudia Altucher,2014-07-15 This lively practical guide shows you that a well placed no will not only save you time and trouble it will save your life Takes a fresh approach to becoming masterful at using no to say yes to life Cheryl Richardson author of *The Art of Extreme Self Care* No is sometimes the hardest word to say It s also the most necessary How many times have you heard yourself saying yes to the wrong things overwhelming requests bad relationships time consuming obligations How often have you wished you could summon the power to turn them down Drawing on their own stories as well as feedback from their readers and students authors James Altucher and Claudia Azula Altucher clearly show that you have the right to say no To anything that is hurting you To standards that no longer serve you To people who drain you of your creativity and expression To beliefs that are not true to the real you It s one thing to say No the authors explain It s another thing to have the Power of No When you do you will have a stronger sense of what is good for you and the people around you and you will have a deeper understanding of who you are Ultimately you ll be freed to say a truly powerful Yes in your life one that opens the door to opportunities abundance and love

**The Irresistible Consultant's Guide to Winning Clients**  
David A. Fields,2017-03-21 This deeply insightful guide to understanding what clients really want is an indispensable resource for consultants Keith Ferrazzi 1 New York Times bestselling author of *Never Eat Alone* Independent consulting is a potentially lucrative enterprise but the reality seldom matches the dream Most solo consultants and boutique consulting firms are perpetually within six months of bankruptcy due to the sputtering unreliability of their new business engines The problem according to international consulting expert David A Fields is twofold 1 lack of a consistent proven plan and 2 fundamental misunderstanding about what clients want in a consultant Fields who has helped hundreds of consultants and boutique firms worldwide build profitable sustainable practices replaces the typical consultant s mindset of emphasizing expertise and differentiated processes with a focus on building relationships engendering trust and solving clients existing problems In *The Irresistible Consultant's Guide to Winning Clients* Fields synthesizes his decades of experience into a step by step approach to winning more projects from more clients at higher fees From nuts and bolts business advice and tactics to a

deeply insightful breakdown of the human side of a very human profession Fields named one of Advertising Age magazine's Marketing Top 100 delivers a comprehensive guidebook that is at once highly approachable and satisfyingly detailed If I could have just one book on client strategy this book would be it Marshall Goldsmith 1 New York Times bestselling author of Triggers

**All the Good Ones Are Not Taken** Linda Yalen, 2018-06-05 All the Good Ones Are Not Taken helps single women over 50 identify why they can't find a decent date and reveals the potential for a successful relationship Happiness and self love are within everyone's power even at an age considered over the hill by some Certified Coach Linda Yalen helps women understand the potential for a successful relationship regardless of age or past failures Women learn how to create a mindset filled with positive beliefs about love and compatibility in order to begin manifesting the perfect relationship All the Good Ones Are Not Taken provides the necessary relationship guidance to help women open their hearts and imagine the possibility of a desirable love interest learn how to think outside the box discover the practice of self love and put aside their fear that it is too late to find someone Linda's ability to share problem solving skills in relationships allows women to lead a life filled with exactly what they deserve and become eye catching fabulous

The Pocket Idiot's Guide to Bioidentical Hormones Nancy Faass, Ricki Pollycove M.D., MHS, 2010-03-02 For the first time in history millions of women have the opportunity to grow old as vigorous vitally engaged and productive people Advances in health care and medical knowledge now offer a solid foundation for those who want to reduce their health risks and improve their quality of life Wise use of estrogen can lower a woman's risk of colon cancer osteoporosis hip fractures heart disease and dementia yet fewer than 17 percent of American women for whom hormone supplements are appropriate actually take them Bioidentical hormones are created from plant molecules identical to those found in the human body These new hormones provide women with another resource to meet the needs of aging safely when used intelligently The Pocket Idiot's Guide to Bioidentical Hormones provides the evidence on what is safe and what is not and presents a wide range of options for supplementing hormones within an easy to answer discussion of Hormone Replacement Therapy in general Completely objective the book answers all the questions and coverage includes The case for hormones bioidentical or otherwise The safety issue which hormones work and which may be harmful Bioidentical hormones beneficial effects on the heart bones and brain Creating an individualized health plan which hormones in what combination how much and how often

*Popular Mechanics*, 1988-03 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it's practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle

In Control at 50+: How to Succeed in the New World of Work Kerry Hannon, 2022-04-26 Navigate the post pandemic workplace and take an active role in shaping your career and financial future Anyone who began working 20 or 30 years ago has witnessed astonishing changes in the workplace during their career When the global pandemic hit older workers fortunate enough to retain their jobs once again had to navigate

enormous upheaval virtually overnight Working from home often in isolation over fifties found themselves facing daunting technological and social challenges If this scenario is all too familiar In Control at 50 shows how to make the new normal work for you Kerry Hannon a workplace futurist and renowned expert on business careers and personal finance combines all her insights and skills to help you actively shape your work future into what you want it to be Hannon illustrates how COVID 19 changed the nature of work provides a compellingly optimistic vision of the future and highlights opportunities and specific action steps for achieving success including how to Develop a positive mindset about your career and financial future Create a powerful r sum and a great online presence Master the virtual interview process Strategically manage remote work to benefit your career Make a successful career transition to something more exciting and rewarding In Control at 50 also provides winning advice specifically tailored for women many of whose careers were uniquely affected by COVID 19 A clear roadmap for navigating the employment market and transitioning into retirement in today s environment this comprehensive guide walks you through the process beginning to end Along the way Hannon reminds you of your value as an experienced worker and shows how you can live with purpose and joy *Cancer: 50 Essential Things to Do* Greg Anderson,2012-12-24

The ground breaking classic guide to surviving cancer now completely updated Revised and updated for the first time since 1999 this invaluable guide to cancer recovery offers an easily accessible plan for patients and family members Written by a cancer survivor the book is an inspiring action oriented roadmap for those who choose to adopt a stance of hope and take charge of their diagnosis With penetrating insights that bring together more than two decades of scientifically supported research and experience Anderson reveals a step by step holistic action plan that has been successfully employed by hundreds of thousands of cancer patients worldwide Anderson s message is You must not simply treat illness you must also create wellness physically emotionally and spiritually *Dancing with the Darkness* Michelle Allan-Ramsay,2019-07-26 Dancing With The Darkness is a book about hope It is meant to create points of light in the darkness of postnatal depression We all arrive in the darkness via different routes and so our journey towards the light will be defined by our own needs This book aims to remind us that true healing is in our hands and requires our wisdom and instinct to get there Written in bursts of inspiration so as not to overwhelm the exhausted mind this book provides moments of rest and reminders to keep hoping

**The Happiness Trap** Russ Harris,2022-07-05 Build a more satisfying and meaningful life with this best selling guide to freeing yourself from depression anxiety and insecurity through Acceptance and Commitment Therapy Are you like millions of Americans caught in the happiness trap Russ Harris explains that the way most of us go about trying to find happiness ends up making us miserable driving the epidemics of stress anxiety and depression This empowering book presents the insights and techniques of ACT Acceptance and Commitment Therapy a revolutionary new psychotherapy based on cutting edge research in behavioral psychology By clarifying your values and developing mindfulness a technique for living fully in the present moment ACT helps you escape the happiness trap and find true satisfaction in life The techniques presented in

The Happiness Trap will help readers to Reduce stress and worry Handle painful feelings and thoughts more effectively Break self defeating habits Overcome insecurity and self doubt Create a rich full and meaningful life a powerful beacon showing us another way forward Steven Hayes PhD author of Get Out of Your Mind and Into Your Life *A Boaters Guide to Boating* Chris N. Deuchar,1997 The Overworked Person's Guide to Better Nutrition Jill Weisenberger,2014-12-18 The Overworked Person s Guide to Better Nutrition offers bite sized nutrition tips for busy people with prediabetes heart health concerns or those who simply want advice for their everyday food and nutrition problems Responding to the number one excuse she hears from clients who have trouble staying healthy I don t have time educator and dietitian Jill Weisenberger built this busy person s guide to nutrition and health to show that everyone feels busy but healthy habits can fit with any schedule To keep things quick and accessible the book is built around 50 fun and informative tips covering everything from resistant starches to the glycemic index Meant to be picked up and read piecemeal every page is packed with interesting tips designed to improve nutrition and relieve stress and guilt Over 100 million people in the United States have prediabetes or diabetes and nearly half of all Americans have at least one risk factor for heart disease In chronic conditions like these improved nutrition and weight loss can sometimes prevent delay or improve long term complications This book is filled with diet strategies for weight loss and overall better health that can help any one on any schedule eat and feel better

*Handbook of Research on Integrating Digital Technology With Literacy Pedagogies* Sullivan, Pamela M.,Lantz, Jessica L.,Sullivan, Brian A.,2019-11-22 The allure and marketplace power of digital technologies continues to hold sway over the field of education with billions spent annually on technology in the United States alone Literacy instruction at all levels is influenced by these evolving and ever changing tools While this opens the door to innovations in literacy curricula it also adds a pedagogical responsibility to operate within a well developed conceptual framework to ensure instruction is complemented or augmented by technology and does not become secondary to it The Handbook of Research on Integrating Digital Technology With Literacy Pedagogies is a comprehensive research publication that considers the integration of digital technologies in all levels of literacy instruction and prepares the reader for inevitable technological advancements and changes Covering a wide range of topics such as augmented reality literacy and online games this book is essential for educators administrators IT specialists curriculum developers instructional designers teaching professionals academicians researchers education stakeholders and students **The Strengths-Focused Guide to Leadership** Mike Roarty,Kathy Toogood,2014-11-11 This effective guide shows you how to identify and develop the strengths of both yourself and your people and ensure that talent is spotted and nurtured at every step Strengths Focused Leadership is the only step by step practical guide on the market to identifying and enhancing people s innate strengths which leads to higher levels of energy job satisfaction and engagement Rather than relying on online assessment tools this book shows you how to discover your strengths yourself and how to use this process to assist others The authors have used their executive coaching backgrounds

to build a practical model for using and applying the strengths focus The MORE model focuses on 4 key elements

- Myself how do I identify and develop my own strengths and overcome my weaknesses
- Others how do I help my people do the same
- Regular conversations how do I ensure that strengths thinking becomes part of business as usual
- Employee processes how do I apply a strengths focus to recruitment induction and performance

Broken into 3 chapters on each element the Model teaches you how to use the strengths focus to tackle key business challenges collaboration change and strategy

*The Happiness Trap (Second Edition)* Russ Harris, 2022-07-05 Free yourself from depression anxiety and insecurity and instead build a rich and meaningful life with the updated and expanded edition of the world's best selling guide to escaping the happiness trap Over 1 million copies sold In *The Happiness Trap* Dr Russ Harris provides a means to escape the epidemic of stress anxiety and depression unlocking the secrets to a truly fulfilling life Updated and expanded in its second edition this empowering book presents the insights and techniques of Acceptance and Commitment Therapy ACT covering more topics and providing more practical tools than ever before Learn how to clarify your values develop self compassion and find true satisfaction with this bigger and better guide to Reducing stress and worry Handling painful thoughts and feelings more effectively Breaking self defeating habits Overcoming insecurity and self doubt Building better relationships Improving performance and finding fulfilment at work *The Happiness Trap* is for everyone Whether you're lacking confidence facing illness coping with loss working in a high stress job or suffering from anxiety or depression this book will show you how to build authentic happiness from the inside out

**Remote Sensing Field Guide, Desert**, 1991 **Nicely Said** Nicole Fenton, Kate Kiefer Lee, 2014 Whether you're new to web writing or you're a professional writer looking to deepen your skills this book is for you You'll learn how to write web copy that addresses your readers needs and supports your business goals Topics include write marketing copy interface flows blog posts legal policies and emails develop behind the scenes documents like mission statements survey questions and project briefs find your voice and adapt your tone for the situation build trust and foster relationships with readers make a simple style guide Publisher's description

*Becoming a Published Therapist: A Step-by-Step Guide to Writing Your Book* Bill O'Hanlon, 2013-03-18 At last a writing and publishing book directed specifically for the mental health professional In this practical witty and no nonsense book Bill O'Hanlon provides all the essential information for readers interested in writing their own books He discusses all the big issues writer's block getting an idea how to keep motivated developing a platform how to think about self publishing how to find a traditional publisher and what to do once you have one Best of all every piece of information in the book is written with the psychotherapy writer in mind O'Hanlon helps readers learn how to leverage their own strengths as mental health professionals providing worksheets and advice about finding a topic and making it your own He gives suggestions about how to use your own clinical skills to stay on target for writing deadlines and he cuts through the excessive information about social media to explain exactly what is relevant to your writing project Any therapist who has given more than a passing

thought to writing a book owes it to themselves to pick up this one      **The Career Change Guide** Rachel Schofield, 2023-01-19 Discover what you really want from work and how to get there with this empowering practical guide from expert career coach Rachel Schofield AS SEEN IN GOOD HOUSEKEEPING ONE OF THE TELEGRAPH'S BEST SELF HELP BOOKS OF 2023 A doable plan to make changes that'll stick This is the only book you need to take the leap STYLIST Are you dreaming of a new career Or do you just want more out of your job Either way The Career Change Guide ensures that work works for you \_\_\_\_\_ This empowering practical guide takes the confusion fear and indecision out of career change Whether making small adjustments or life changing moves it provides simple achievable steps to turn your dreams into reality The Career Change Guide will help you investigate your skills as well as discover your drives interests and inspirations It will take you on a structured five step journey Preparing Reflecting Imagining Designing Taking Action Keeping Going to lead you to the job of your dreams You'll learn to Be clear about who you are and the work and life you want Devise and explore career ideas Tackle self doubt and build confidence Design an action plan for change The Career Change Guide is your first step to a better career and a happier life So enough procrastination are we doing this or aren't we



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## **Table of Contents Get Unstuck A Guide For Those Over 50**

1. Understanding the eBook Get Unstuck A Guide For Those Over 50
  - The Rise of Digital Reading Get Unstuck A Guide For Those Over 50
  - Advantages of eBooks Over Traditional Books
2. Identifying Get Unstuck A Guide For Those Over 50
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Get Unstuck A Guide For Those Over 50
  - User-Friendly Interface
4. Exploring eBook Recommendations from Get Unstuck A Guide For Those Over 50
  - Personalized Recommendations
  - Get Unstuck A Guide For Those Over 50 User Reviews and Ratings
  - Get Unstuck A Guide For Those Over 50 and Bestseller Lists
5. Accessing Get Unstuck A Guide For Those Over 50 Free and Paid eBooks

- Get Unstuck A Guide For Those Over 50 Public Domain eBooks
- Get Unstuck A Guide For Those Over 50 eBook Subscription Services
- Get Unstuck A Guide For Those Over 50 Budget-Friendly Options
- 6. Navigating Get Unstuck A Guide For Those Over 50 eBook Formats
  - ePub, PDF, MOBI, and More
  - Get Unstuck A Guide For Those Over 50 Compatibility with Devices
  - Get Unstuck A Guide For Those Over 50 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Get Unstuck A Guide For Those Over 50
  - Highlighting and Note-Taking Get Unstuck A Guide For Those Over 50
  - Interactive Elements Get Unstuck A Guide For Those Over 50
- 8. Staying Engaged with Get Unstuck A Guide For Those Over 50
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Get Unstuck A Guide For Those Over 50
- 9. Balancing eBooks and Physical Books Get Unstuck A Guide For Those Over 50
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Get Unstuck A Guide For Those Over 50
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Get Unstuck A Guide For Those Over 50
  - Setting Reading Goals Get Unstuck A Guide For Those Over 50
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Get Unstuck A Guide For Those Over 50
  - Fact-Checking eBook Content of Get Unstuck A Guide For Those Over 50
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

#### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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