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Getting UNSTUCK

BREAK FREE OF THE
PLATEAU EFFECT

BOB SULLIVAN AND
HUGH THOMPSON

PREVIOUSLY PUBLISHED AS *THE PLATEAU EFFECT*

Getting Unstuck Break Free Of The Plateau Effect

Brian R. Johnson



Getting Unstuck Break Free Of The Plateau Effect:

Getting Unstuck Hugh Thompson, Bob Sullivan, 2014-04-29 Just try harder Just work harder Just do more But what happens when working harder doesn't seem to be getting you better results You've got to get unstuck In **Getting Unstuck** Bob Sullivan and Hugh Thompson show the different kinds of plateaus that can hold you back and how they can be overcome Using case studies of both success and failure including Derek Jeter Blockbuster and Google they identify how to avoid pitfalls and to incorporate the peak behaviors that place breakthroughs within anyone's grasp If you've ever given more and more to a broken relationship a weight loss regimen or a stalled career only to get less and less in return **Getting Unstuck** will change your life

The Plateau Effect Bob Sullivan, Hugh Thompson, 2013-05-02 The Plateau Effect is a powerful law of nature that affects everyone Learn to identify plateaus and break through any stagnancy in your life from diet and exercise to work to relationships The Plateau Effect shows how athletes scientists therapists companies and musicians around the world are learning to break through their plateaus to turn off the forces that cause people to get used to things and turn on human potential and happiness in ways that seemed impossible The book identifies three key flattening forces that generate plateaus two principles to guide readers in engineering a plateau's destruction and three actions to take to achieve peak behavior It helps us to stop wasting time on things that are no longer of value and to focus on the things that leverage our time and energy in spectacular ways Anything you want to do better play guitar make friends communicate with your children run a business you can accomplish faster by understanding the plateau effect

Unlocked Pete Etchells, 2024-03-21 A welcome counterpoint to the technopanic that screen time is causing a mental health crisis Bruce Hood A rare mix of trustworthy science practical advice and human stories I'm going to recommend it to all the parents I know and keep it handy for reference next time I see a scary headline about how technology is ruining our lives Timandra Harkness Punctures some of the most pernicious myths about our smartphone and screen dominated lives while offering good advice about how to improve the time we spend with screens a must read New Scientist Most of us spend a significant part of the day in front of a screen Our work and social lives play out through our computers tablets and phones on email social media video conference calls and gaming servers But what is all this screen time doing to our health our sleep and our relationships Professor Pete Etchells studies the way we use screens and how they can affect us In **UNLOCKED** he delves into the real science behind the panic about our alleged device addiction and withering attention spans Armed with the latest research he reveals how little we have to fear and the great deal we have to gain by establishing a more positive relationship with our screens That begins with asking ourselves some essential questions about how we use them Instead of clamouring for us to ditch our devices before guiltily returning to the same old habits **UNLOCKED** is a sustainable realistic and vital guide to transforming our connection with technology

Common Sense, 1920 **Getting Unstuck** Cara Stein, 2015-08-12 A guide and workbook in one by the author of *How to be Happy No Fairy Dust or Moonbeams Required* and

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You Can Break-Free Fast Caryl Westmore,2009-06-24 Westmore shows the way to delete negative beliefs jamming one's success system and miraculously escape from the dungeons and dragons of the past with the three step Break Free Fast formula

Getting Unstuck Brian R. Johnson,1995-04 *UNSTUCK* Dan Webster,Randy Gravitt,2017-03-20 Untwist the question mark from your life to start living authentically UNSTUCK offers a path forward for those who are stuck despite the comfort security and what should feel like success Do you feel disengaged from a life that looks good on paper Do you feel like there must be something more This is your guide to getting unstuck breaking free of your comfortable cocoon and discovering what you are meant to be Through the story of George Johnson a man in a position much like yourself you'll learn how to shed the boredom emptiness and confusion so you can get on with your life Whether you need a complete overhaul or just a jumpstart you'll find the advice you need to start making it happen More than just a story this book shifts your perspective to help you realistically plan a transition from the ordinary present to the extraordinary future emotional support coupled with practical guidance helps you find your path identify your destination and begin your journey Re think your purpose in life and discover your calling Rediscover the truth about yourself and who you really want to be Follow a clear formula for moving forward with authenticity Break out of your comfort zone and feel fully alive The fact that you've succeeded doesn't mean that you can never change your dedication commitment and skills got you this far imagine what they could do with a healthy dose of passion You Unstuck reacquaints you with your authentic self helps you uncover your passion and guides you toward your next big thing

Get Unstuck! A John Seeley M,John, John Seeley,2014-12-10 Get Unstuck is a step by step guide to break free of the blocks that have kept you from creating the life you really want The chapters are short and to the point Each chapter has questions at the end to incorporate the learning into your life Use it as a

reference guide anytime you feel stuck How to Get Unstuck Matt Perman, 2018-05-01 How to Get Unstuck introduces readers to the ten core principles at the heart of becoming an effective person whose life genuinely flourishes and impacts others positively. Bad news first: we all get stuck. It's a fact of life. But the good news is that it is possible to get unstuck and overcome the obstacles to doing great work and getting the right things done. The question becomes: How do you get unstuck in your productivity in both work and life, and how to do it in a spiritually healthy way? Matt Perman, author of *What's Best Next* and director of career development at The King's College NYC, has spent his career helping people learn how to do work in a gospel-centered and effective way, combining theological substance with practical self-management. In *How to Get Unstuck*, he will walk you step by step through the core principles that free you to be more effective in everything you do by helping you understand how you get stuck and what your obstacles are. Prepare to get unstuck by grappling with who you are and how you see yourself. Develop a practice of personal management. Overcome obstacles and adapt to unforeseen problems. Drawing on the wisdom of the Bible and on the best of today's research, *How to Get Unstuck* shows believers and non-believers alike how to live productive, integrated lives and develops a poignant portrayal of true effectiveness. Included is a detailed plan for getting started using the principles and applying them to real-life situations. Getting Unstuck Sidney B. Simon, 1988

Unstuck Philip Owens, 2019-07-02 Are you stuck? Is it time to break free and move forward with your life? Then it's time for you to get Unstuck. This book offers a practical and strategic approach to getting unstuck and moving toward the life you want. It's not about mantras and quick fixes, but trusting that you are ready to create an authentic path forward. Unstuck offers a different way of seeing what gets you stuck in the first place. Understanding what underlies the problems we all face in life. A strategic and planned approach to breaking free and getting on with life. Over 120 supportive exercises designed to move you from stuck to unstuck. Stories and practical examples drawn from real-life case studies. New insights and perspectives to change the way you think, behave, and feel. Unstuck is the ultimate toolkit to create positive and long-lasting changes in your life. You have never encountered a self-help book quite like this. Foreword and testimonial by Dr. Michael Yapko. Philip Owens has provided readers with a strong combination of insightful concepts and practical methods for moving from mere wishes to actual successes. He really can help you get unstuck. Dr. Michael Yapko, Clinical psychologist, author of *The Discriminating Therapist*. Author and teacher Philip Owens has a breadth of experience helping countless people make life-affirming changes in their lives. His international career includes helping people in personal, clinical, and corporate sectors. Phil Owens brings a practical and intelligent approach to getting unstuck and moving on with your life.

Get Yourself Unstuck: How to Solve Your Problems and Gain Clarity Fast Like a Pro Magdalen Saurer, 2021-02-12 It's easy to get in a rut. Maybe you have goals, but for some reason you are not reaching for them. Maybe self-judgment is causing you to lower your expectations, or low self-worth is preventing you from making positive changes. You can also get stuck in worry, afraid to make a decision or change something in your life. Or maybe you're disappointed with how a particular

situation turned out and it just feels too hard to move on In this book you ll learn How to break free through obstacles and how to move in the RIGHT direction 5 hidden principles and rules that govern our lives Understanding them is imperative to getting unstuck effectively How your inner child may keep you stuck and how to deal with this The ONE crucial thing you MUST do without which you ll lack the will and motivation to truly change something and many more ideas and practical tools that will show you how to move forward with self trust and confidence **Getting Unstuck** Sidney B.

Simon,1988-10-01 This thoughtful realistic program for overcoming eight universal stumbling blocks to change provides a step by step process for eliminating negative attitudes and uncovering hidden alternatives UNSTUCK ANA MAE

CELOCIA DALUGDUG,2025-04-14 Are you tired of feeling stuck overwhelmed by fear or held back by self doubt Unstuck Break Free from Fear Doubt and the Habit of Holding Back is a powerful self help guide that will help you break free from mental barriers and step into the life you were meant to live Written by educator worship leader and personal development author Ana Mae C Dalugdug this empowering book offers practical strategies mindset shifts and daily habits to help you overcome procrastination perfectionism fear of failure and emotional paralysis Whether you re starting a new chapter in life chasing your dreams or simply seeking clarity and courage Unstuck provides the tools you need to move forward with confidence If you re ready to stop holding back and finally start living with purpose Unstuck will be your trusted guide to break through and move forward **7 Reasons Why We Get Stuck** JoAnn Dean,2017-05 Don t underestimate the power of

YOU This book is designed to help you identify where you are on your journey inspire you to let go of the reasons that are keeping you stuck in that head space and or physical space As you read through the pages you are encouraged to be honest with yourself observe what s happening in and around you and to take note Your success is based on the next decision you make Go for it Unstuck Ivy G Shadrack,2025-01-17 From Ivy G Shadrack seasoned author and ghostwriter of over 100 books comes Unstuck a wake up call for anyone tired of feeling like life is passing them by while their dreams remain out of reach We all have goals but few of us realize just how often our priorities are misaligned The truth is that our dream life is often buried under the noise of instant gratification endless to dos and distractions it s easy to lose sight of what truly matters In Unstuck Shadrack uncovers the surprisingly simple truth to creating the life you ve always wanted realigning what you value most and making it the foundation of your daily actions At the heart of this transformative guide is Ivy s personal motto What you focus on today will be your reality tomorrow This isn t just another self help book it s a practical relatable and inspiring guide to building a fulfilling sustainable life Through candid insights and actionable steps Shadrack empowers readers to recognize what s holding them back set boundaries and reclaim control over their lives If you re ready to break free from overwhelm and finally live a life that feels like yours Unstuck is the roadmap you ve been waiting for Open it today and take the first step toward your dream life **Stop Depriving the World of You** Darlene Corbett,2018-11-20 Do you

believe everyone is capable of getting unstuck Do you recognize your own uniqueness Do you wonder if you have abilities

which may lie deep within If you do not once you read this stimulating book you will be convinced otherwise Stop Depriving the World of You simply and creatively provides exercises for you to begin the journey of self discovery Soon you will come in contact with your own unique talents and gifts In addition the D R E A M technique will help you delve deeper into your inner being and explore uncharted territories By using the tools offered in this book you will be pleasantly surprised by what you might uncover With thirty years of experience Darlene Corbett has not only helped people refurbish their home but has assisted them in rebuilding the foundation You will find her enthusiasm and belief in the possibilities to be infectious By reading this book you are not only opening yourself to a new way of thinking but creating pathways toward change and fulfillment you may never have thought possible Stop Depriving the World of You is a must read Anatomy of a Breakthrough Adam Alter,2023-05-16 This book is phenomenal Steven Bartlett on Diary of a CEO Brilliant I loved it Malcolm Gladwell Important entertaining practical and timely Arianna Huffington Anatomy of a Breakthrough is a groundbreaking guide to optimising your life overcoming obstacles and reaching your full potential All of us go through episodes of simply being stuck whether we re trapped in a thankless job wrestling writer s block muddling through a midlife crisis or fixing a fraying friendship The resulting malaise is often chronic dangerous to our mental health and with severe consequences to our success and development What if there was a proven plan to get unstuck and break through Anatomy of a Breakthrough is the remedy for overcoming the impediments holding us back Professor of Marketing and New York Times bestselling author Adam Alter offers a brilliant new framework for not only getting unstuck but also going on to flourish Critically he introduces us to the Friction Audit a test to work out where our sticking points lie between our Head Heart and Habits and then he takes us on a roadmap to break through Artfully weaving together scientific studies anecdotes and interviews and illustrated with stories of the great unstickers amongst us Anatomy of a Breakthrough will inspire anyone to boldly break away from the things holding them back and to realise their goals **Becoming Unstuck** Will Aylward,2018-08-29 7 years ago author Will Aylward became obsessed with finding answers to the questions How do I become Unstuck and Why is it some people stay stuck whilst others take charge of their lives After much searching overcoming his own Challenges and helping hundreds of people around the world to become unstuck too Will has found the answers he was looking for In Becoming Unstuck he shares it all You will Discover what is really keeping you stuck and how to move forward Learn how you want your Life to look like instead your inspiring personal vision Have a clear system for setting and achieving your goals Find out the 8 Principles needed to take charge of your Life Know the exact Exercises Questions Tips and Tools required to move forward now and anytime you need them Feel empowered capable and motivated Whether you dream of breaking free from debt doubt over thinking or an unfulfilling career or relationship this book will help you to make it happen A marvellous mix of personal stories and a simple step by step guide to taking charge of your life expect to feel Inspired and ready to become Unstuck once and for all

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