



Stuck: Why We Can't (or Won't) Move On

Anneli Rufus

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"The brilliant mind behind *Party of One* examines the striking social trend: people are stuck and they want to change, but..." (*San Francisco Chronicle*)

In this book, Anneli Rufus identifies an intriguing aspect of our culture: Many of us are stuck. Be it in the wrong relationship, career, or town, or just with bad habits we can't seem to quit, we even say we want to make a change, but . . . Merging interviews, personal anecdotes, and cultural criticism, *Stuck* is a wise and passionate exploration of the dreams we hold dearest for ourselves-and the road to actually achieving them.

When faced with the possibility of change, our minds can play tricks on us. We tell ourselves: *I can't make it*. Or, *It's not worth the effort*. How is it that in a time of unprecedented freedom and opportunity, so many of us feel utterly powerless and unsure? In this book, Rufus exposes a complex network of causes for our immobilization- from fear and denial to powerful messages in popular culture or mass media that conspire to convince us that we're helpless in the face of our cravings. But there can be a light at the end of the tunnel: Rufus also tells the stories of people who have managed to become unstuck and of others who, after much reflection, have decided that where they are is best. After all, she writes, "what looks to you like a rut, others might say is true absorption in a topic, a relationship, a career, a pursuit, a place. What looks to you like boredom, others call commitment. And even contentment."

A brilliant glimpse into what truly motivates-or doesn't motivate-us, *Stuck* will inspire you to take a look at yourself in an entirely new light.

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George Tucker:

Reading can called brain hangout, why? Because while you are reading a book specially book entitled Stuck: Why We Can't (or Won't) Move On your mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will become your mind friends. Imaging just about every word written in a book then become one application form conclusion and explanation in which maybe you never get prior to. The Stuck: Why We Can't (or Won't) Move On giving you another experience more than blown away the mind but also giving you useful information for your better life in this era. So now let us teach you the relaxing pattern the following is your body and mind will probably be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary wasting spare time activity?

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Lillie Rose:

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