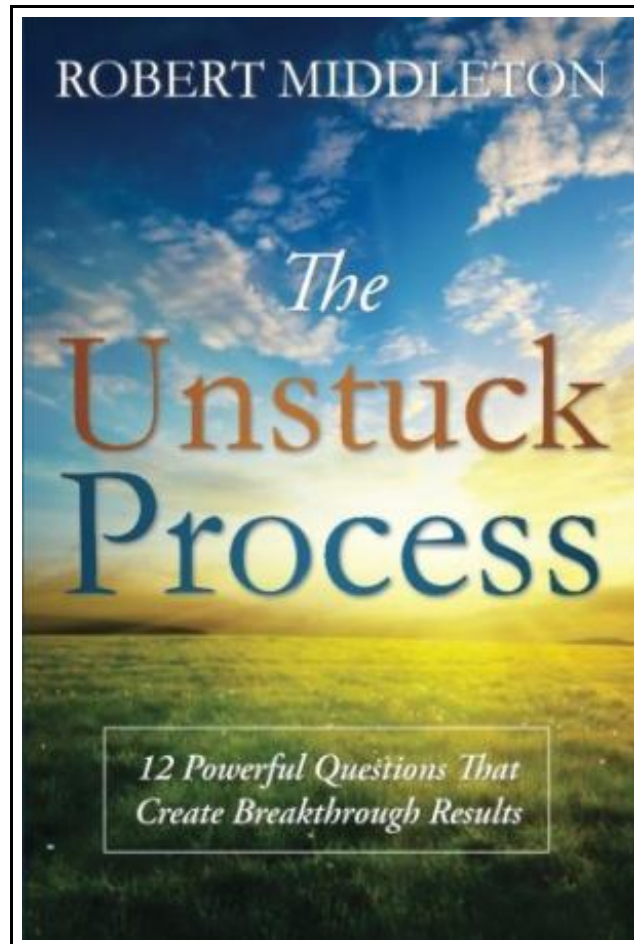


The Unstuck Process: 12 Powerful Questions That Create Breakthrough Results



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(Letha Okuneva)

THE UNSTUCK PROCESS: 12 POWERFUL QUESTIONS THAT CREATE BREAKTHROUGH RESULTS



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Createspace, United States, 2014. Paperback. Book Condition: New. 222 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Unstuck Process is designed to explore limiting and fearful beliefs and either reduce or eliminate them. The Story of the Unstuck Process One weekday afternoon sometime in 2003, I sat in my home office, as stuck as I d ever been. All productive work had ground to a halt several days before, and I was feeling down, frustrated, overwhelmed, stuck. I could barely get through the routine tasks of the day, such as checking email. And instead of working, I avoided almost everything. A number of important tasks and projects that had seen no progress for over a week languished on my to-do list. And every time I looked at the list, I felt more hopeless than the moment before. Then I remembered something. During the past year I had been working with Byron Katie s process designed to get one past limiting and stressful beliefs. I had used it a number of times with some success, even with clients, but this time was different: I was as intractably stuck as I d ever been. So I decided to give it a try. I pulled out the worksheet to go through the steps of this written process. It included several questions that I answered by writing them down. In about half an hour I had answered all the questions in the process. Once I was done, I sat there wordless for several minutes. In that short span, something had shifted. The doom and gloom that had hung over me for the past few weeks lifted like the fog on a sunny day. I looked out at the world through different eyes, with different thoughts, with different feelings....



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