

# Science Of Stuck

**Vincent Thomas Murché**

**The Science of Stuck** Britt Frank, 2022-03-22 A research-based tool kit for moving past what's holding you back—in life, in love, and in work. We all experience stuckness in our lives. We feel stuck in our relationships, career paths, body struggles, addiction issues, and more. Many of us know what we need to do to move forward—but find ourselves unable to take the leap to make it happen. And then we blame and shame ourselves, and stay in a loop of self-doubt that goes nowhere. The good news is you're not lazy, crazy, or unmotivated. In this empowering and action-oriented guide, you'll discover why we can't think our way forward—and how to break through what's holding us back. Using an eclectic approach and a customizable plan that's as direct or as deep as you want, this life-changing guide empowers you to: break old habits and patterns gain perspective on pain and trauma from the past free yourself from the torturous "why" questions take control of your choices to create the life you want Bringing together research-backed solutions that range from shadow work to reparenting, embodied healing, and other clinical practices, along with empowering personal stories, this book is a hands-on road map for moving forward with purpose, confidence, and the freedom to become who you're truly meant to be.

**The Science of Stuck** Britt Frank, LCSW, 2022-03-22 A research-based tool kit for moving past what's holding you back—in life, in love, and in work. We all experience stuckness in our lives. We feel stuck in our relationships, career paths, body struggles, addiction issues, and more. Many of us know what we need to do to move forward—but find ourselves unable to take the leap to make it happen. And then we blame and shame ourselves, and stay in a loop of self-doubt that goes nowhere. The good news is you're not lazy, crazy, or unmotivated. In this empowering and action-oriented guide, you'll discover why we can't think our way forward—and how to break through what's holding us back. Using an eclectic approach and a customizable plan that's as direct or as deep as you want, this life-changing guide empowers you to: break old habits and patterns gain perspective on pain and trauma from the past free yourself from the torturous "why" questions take control of your choices to create the life you want Bringing together research-backed solutions that range from shadow work to reparenting, embodied healing, and other clinical practices, along with empowering personal stories, this book is a hands-on road map for moving forward with purpose, confidence, and the freedom to become who you're truly meant to be.

**Summary of Britt Frank's The Science of Stuck** Everest Media, 2022-04-16T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Anxiety is a superpower that can alter time, leap tall

buildings in a single bound, and laser its way through concrete. Most of us learned to view anxiety as an adversary. This chapter will teach you how to view anxiety in a new way. #2 Anxiety is one of the most important ingredients to getting out of stuck mode. It is clear from the epidemic of panicked, addicted, anxious, overwhelmed, and physically ill people that something is wrong with our understanding of anxiety. #3 Anxiety is not fun, and it can feel life-threatening and disorienting. It makes sense that you've looked outside yourself for answers. But the answers to your questions are found inside your own mind. When you try to numb out or avoid anxiety through eating, watching YouTube, comparing yourself to perfect-looking Facebook posts, or drinking, you miss out on powerful signals from your inner world that point you toward your most authentic self. #4 I grew up in New York City, and I was always anxious. I was taught to keep my emotions in check, and I was expected to be quiet and not upset my father. I had no idea what life would look like, but I knew it would involve being able to eat a meal without calculating every calorie, sleeping without waking up covered in sweat, and being able to look critically at relationships.

*The Science of Stuck* Britt Frank, 2022

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*The Science of Railways: Shops and shop practice. 2 v. 1912* Marshall Monroe Kirkman,1912

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