



The Unstuck Process: 12 Powerful Questions That Create Breakthrough Results

By MR Robert Jay Middleton

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...

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