



# You, Unstuck: How You are Your Greatest Obstacle and Greatest Solution

By Seth Adam Smith

Berrett-Koehler. Paperback. Book Condition: new. BRAND NEW, You, Unstuck: How You are Your Greatest Obstacle and Greatest Solution, Seth Adam Smith, All of us feel trapped, stuck, or unable to move forward in life at some point. What is it that's holding us back? According to Seth Adam Smith, it's who, not what. Ultimately, the greatest obstacle to achieving your full potential is you. But you are also the solution to your greatest problem. This book combats a destructive mind-set that we all sometimes fall into: I can't change. I am the victim of my circumstances, and I am confined by my personal limitations. This philosophy, though intangible, destroys more dreams and limits more lives than any actual, physical obstacle. To show us how to overcome this philosophy of fear, Smith draws on literature, history, and his personal experiences with chronic depression, as well as on encounters with remarkable ordinary people who've embraced a different philosophy: the belief that we possess the power to lift ourselves out of the abyss and into the light. Smith inspires us to see that no matter how dire our circumstances may be, there is always a positive step you can take, however small it..



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