



Getting Unstuck: 8 Simple Steps to Solving Any Problem

Dr. Joy Browne

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8 Simple Steps to Solving Any Problem! When it comes to problem-solving, Dr. Joy Browne is a pro at not only doing it, but showing you how to do it, too. On her own syndicated radio and television programs, she plays host to millions of listeners whose problems are solved one caller at a time. In this book, she lays out her revolutionary 8-Step Problem-Solving System, making it crystal-clear how to go about finding answers to life challenges. When it comes to finding solutions, Dr. Joy knows that there's no problem too big or too small. Whether you want to overcome your fears, gain perspective and self-awareness, or perfect the fine art of relationships at home or at work, this book has the answers you've been looking for. Dr. Joy Browne will teach you how to quit being your own worst enemy and start being your own best friend, parent, mentor, and shrink all wrapped up in one. Full of timeless wisdom, profound insight, and gentle humor, Getting Unstuck is Dr. Joy's definitive guide to cutting through the psychological red tape that stands between you and the life you want.

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