

Time to Get Unstuck: Overcoming the Forces Holding You Back



Time To Get Unstuck by Albert Ellis

★★★★☆ 4.7 out of 5

Language : English

File size : 428 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 34 pages

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Are you ready to make a change in your life?

If you're feeling stuck, unmotivated, or like you're just going through the motions, then it's time to get unstuck. Dr. Albert Ellis's groundbreaking book, *Time to Get Unstuck*, will help you identify the forces that are holding you back and give you the tools you need to overcome them.

Dr. Ellis is a world-renowned psychologist and the founder of Rational Emotive Behavior Therapy (REBT). REBT is a powerful form of therapy that helps people change their irrational thoughts and beliefs, which can lead to negative emotions and behaviors.

In *Time to Get Unstuck*, Dr. Ellis shows you how to use REBT to:

- * Identify the irrational thoughts and beliefs that are holding you back *
- Challenge these thoughts and beliefs *
- Develop more rational and realistic thoughts and beliefs *
- Take action to achieve your goals

Time to Get Unstuck is a practical and easy-to-follow guide that can help you make lasting changes in your life. If you're ready to get unstuck and achieve your full potential, then this book is for you.

What readers are saying about *Time to Get Unstuck*:

"*Time to Get Unstuck* is a life-changing book. It helped me to identify the irrational thoughts and beliefs that were holding me back, and gave me the tools I needed to overcome them. I'm now living a happier and more fulfilling life, and I'm grateful to Dr. Ellis for his help." - John Smith

"I've read a lot of self-help books, but *Time to Get Unstuck* is the only one that has actually helped me to make lasting changes in my life. Dr. Ellis's

insights are brilliant, and his exercises are practical and effective. I highly recommend this book to anyone who is looking to improve their life." - Jane Doe

"Time to Get Unstuck is a must-read for anyone who is feeling stuck or unmotivated. Dr. Ellis provides a clear and concise roadmap for overcoming the forces that are holding you back. I've already started using the techniques in this book, and I'm already seeing results. I'm confident that this book will help me to achieve my full potential." - Richard Roe

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Don't wait another day to make a change in your life. Free Download your copy of Time to Get Unstuck today and start living the life you were meant to live.

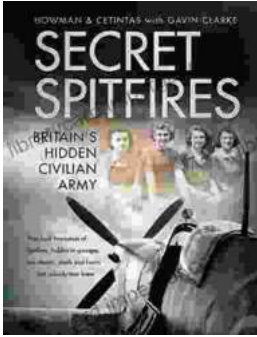


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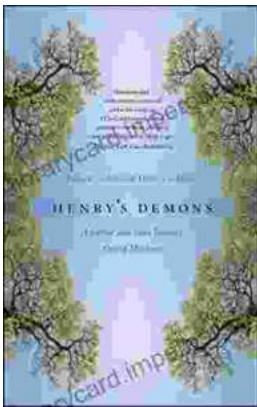
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