

## Who needs this book?

We all get stuck, frustrated, depressed, anxious, frustrated, and disappointed. This book is for everyone who has ever felt stuck. If we are honest, that includes everyone over the age of thirteen. We are like the car stuck in the mud or a snow bank at times. We keep pushing on the gas, but the wheels just keep spinning. The rut we are in gets deeper until we feel we are running in quicksand. It seems the harder we try, the more stuck we become, and like quicksand, we sink until we simply give up.

Very often, being stuck in an internal issue. It is something we create and allow to occur. Wow! That's a harsh statement. You should be saying, "You are crazy, Frank. Why in God's name would I ever create and allow a situation where I am stuck and unhappy to exist." Well, news flash, folks, it happens every day.

Maybe you feel stuck in a dead-end job; your job was a victim of COVID; you live in an area that you do not enjoy; your personal relationship is floundering; that life that you want is moving further and further from reality; you can't catch a break, or maybe you never got the right opportunity. Does any of this sound familiar? Be honest! We have all been there. Now the question is, are you going to stay there?

**Let's look at another quote from Mel Robbins:**

*When you are stuck, the primary task is deciding if you're going to change at all. The challenge is finding the ability to create a slight change in your life and build on it in the face of an overwhelming amount of resistance. – Mel Robbins – The Five-Second Rule*

The magic words are "IF you're going to change." Getting unstuck, moving forward, and achieving a positive and productive life is in your hands. Greatness is not primarily a matter of circumstance; greatness is a matter of conscious choice and discipline. Staying stuck is a choice. Justifying that you never had the right opportunity is not a reason or an excuse. It is a choice. Where are you stuck in life, and what choices will you make? Are you going to fall apart? OR are you going to pick up the pieces and start moving forward?

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