



# **Stuck in a Moment: 2,000 Quotes & Pieces of Wisdom That Just Might Help You Out When You're Stuck in a Moment**

*Gary P. Guthrie*

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John Lennon said, "Life is what happens to you while you're busy making other plans." Sometime today while you're busy following your plan, something may happen that puts you in a funk or motivates you to make a change. Something that could leave you "stuck in a moment." When those moments sneak up on you, you can run to counseling, look yourself in the mirror, crawl over to your favorite self-pity corner or you can open 'Stuck in a Moment,' find wisdom to help you understand and, possibly, turn your mood around. Precise in nature, 'Stuck' takes you straight to the heart of life's customary stumbling blocks: relationships, career, frame of mind, and your desire to have the life you dream of. To some, it's an express self-help book; to others, a travel guide for their life. Whether you're following the 12 Steps or looking for an honest, encouraging companion, you'll find 2,000 opportunities from the mouths of Aristotle to Zappa to gain new insights. 'Stuck' is a book of rationale and challenge that you will want to keep handy for those everyday moments (great for daily meditations!) or gift to someone who's on their own personal journey whether it's for a graduation gift, someone going through a divorce or the loss of a loved one, changing careers, or simply because they need an inspirational boost.

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