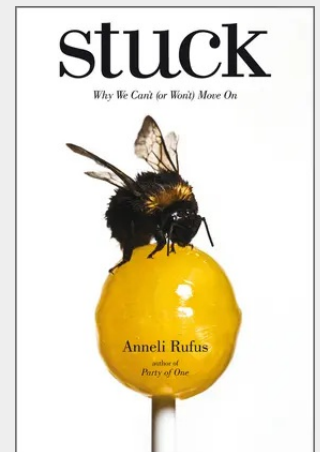


Stuck

Many people are stuck, or think they are. They feel frozen. Marooned. Trapped on treadmills. They say they're stuck in the wrong relationships, the wrong careers, the wrong places at the wrong times. They're stuck in bad habits and can't quit. They're stuck the past and can't let go. They're stuck in the present and can't plan for the future. And in many cases, they're looking for someone or something to blame. How did we get here? Consumer culture certainly has a hand in it, training us from infancy onward to seek instant gratification via various forms of brand loyalty: doing the same things with the same products in the same ways over and over again. But other factors play other key roles, notably fear of change. Stuck is a work of social commentary that delivers a long-awaited diagnosis for our day and age. For some, there's a light at the end of the tunnel; this book includes stories of people who managed to become unstuck and of others who, after much reflection, decided that they're already exactly where they're meant to be. - Chapter 1 – ONCE UPON A TIME: Stuck in the Past - Chapter 2 – SEMIAUTOMATIC: Stuck in the Present - Chapter 3 – OOPS! I DID IT AGAIN: Stuck on Habits - Chapter 4 – THE HORROR, THE HORROR: Stuck on Trauma - Chapter 5 – PEOPLE WHO NEED PEOPLE: Stuck on Others - Chapter 6 – TAKE THIS JOB AND.....: Stuck on Work

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