



Getting Unstuck: A Guide to Discovering Your Next Career Path

By Timothy Butler

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You will experience psychological impasse many times in your life. During these times, you have the sensation that you're stuck or paralyzed. You're convinced that something must change, whether in your work or personal life. Though this feeling is normal, you need to move beyond it. Failure to "get unstuck" can put your career and personal life—as well as the healthy functioning of your team or organization—at risk.

In *Getting Unstuck*, business psychologist and researcher Timothy Butler offers strategies for moving beyond a career or personal-life impasse—by recognizing the state of impasse, awakening your imagination, recognizing patterns of meaning in your life, and taking action for change.

Drawing on a wealth of stories about individuals who have successfully transitioned out of impasses, *Getting Unstuck* provides a practical, authoritative road map for moving past your immediate impasse—and defining a meaningful path forward.

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Getting Unstuck: A Guide to Discovering Your Next Career Path By Timothy Butler Bibliography

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Editorial Review

From Publishers Weekly

Butler, a psychotherapist and director of Career Development at Harvard Business School, says it's the ruts and dead ends in life that can provide motivation for the greatest change-provided you're willing to dig deep and confront unresolved issues from the past. Though it isn't an easy process, this self-help proves uncommonly fresh and thought-provoking. Butler's approach is built around a practical six-step process that he's used with thousands of corporate executives and students, who provide anecdotes and experiences. The book is divided into three sections: in the first, readers learn how to identify a psychological impasse and open themselves to the possibilities it hides; part two focuses on unearthing passions and interests that have been forgotten or buried; and part three is about "Moving from Impasse to Action," achieving the ultimate goal of change through a heightened awareness of "the energies and possibilities that are emerging, regardless of their threat to habit, comfort and stereotyped expectations." In the end, the real challenge may be in winnowing a single path from the wealth of options Butler uncovers.

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Review

...what Butler offers are really some very practical approaches to breaking the career impasse. --Washington Post, April 1, 2007

Getting Unstuck draw[s] you through the currents and undercurrents of impasse, offering hope, inspiration and a few memorable tools as a bonus. --Globe & Mail, July 13, 2007

...a culture that values relentless work and connectivity squeezes out the time we need for soul-searching... -The Boston Globe, September 23, 2007

From the Back Cover

We all experience *psychological impasse*. This feeling of uncertainty about your next moves in life might come at predictable moments: the loss of a job, the end of a romance, the sudden yawning of an empty nest as your child heads for college, or the death of someone who has long helped you feel recognized, loved and appreciated.

Buy psychological impasse might also come at unpredictable moments: when the career of a lifetime somehow loses its juice, when you ache for intimacy but can't seem to find the right partner, when you find yourself longing to renew a sense of life's adventure.

Predictable or not, psychological impasse brings with it the sense of being stuck or paralyzed. At the office, you feel stale or unchallenged. In your personal life, you feel agitated, deflated, or downright bored. You know that something must change-and you are desperate to contribute at work, find a reinvigorated role in your family, and dive back into the current of your own life.

Though uncomfortable, impasse is necessary: it's the only place from which you can define a new vision for your professional *or* personal life. In *Getting Unstuck*, business psychologist and researcher Timothy Butler leverages more than twenty years of research to offer strategies for finding your way, again and again, from impasse to renewed meaning-at work, at home, with colleagues, and with family. In this book, you'll:

See how to make choices that transform your new vision into reality Drawing on a wealth of stories about individuals who have successfully transitioned out of impasses, *Getting Unstuck* provides a practical authoritative road map for moving past your immediate impasse-and defining a meaningful path forward.

Users Review**From reader reviews:**

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