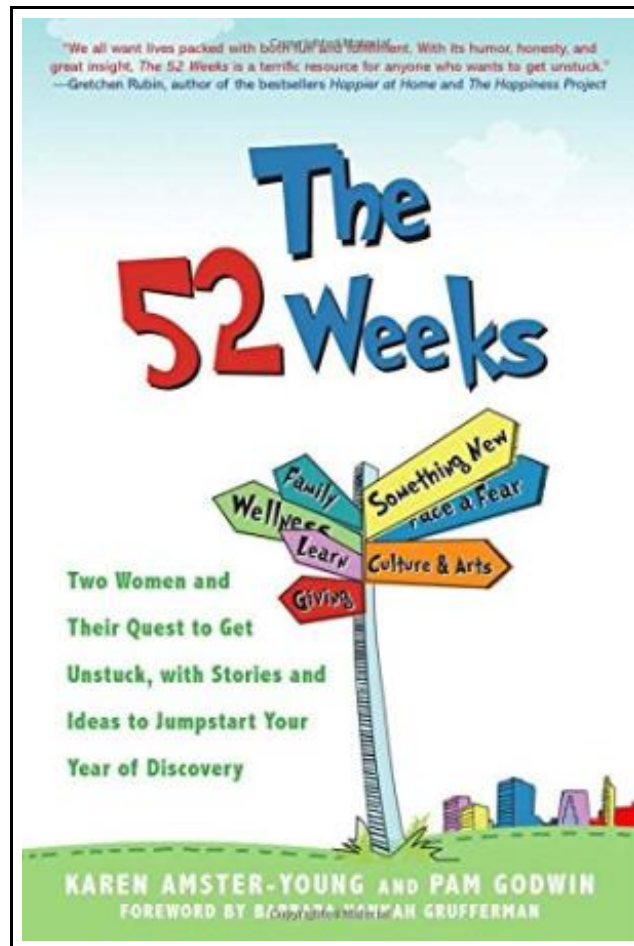


# The 52 Weeks: Two Women and Their Quest to Get Unstuck, with Stories and Ideas to Jumpstart Your Year of Discovery



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## Reviews

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*(Gretchen O'Keefe MD)*

## THE 52 WEEKS: TWO WOMEN AND THEIR QUEST TO GET UNSTUCK, WITH STORIES AND IDEAS TO JUMPSTART YOUR YEAR OF DISCOVERY



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Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, The 52 Weeks: Two Women and Their Quest to Get Unstuck, with Stories and Ideas to Jumpstart Your Year of Discovery, Karen Amster-Young, Pam Godwin, Barbara Hannah Grufferman, Edging into forty-something, Karen and Pam found themselves in a state of stuck. They had checked off many of their major life goals career, husband, children, friends but they d lost momentum. After griping over drinks one night, they came up with a plan to face their fears, rediscover their interests, try new things, and renew their relationships. They challenged themselves to try one new thing every week for a year from test-driving a Maserati to target practice at a shooting range to ballroom dance lessons and to blog about their journeys. They quickly realized it was harder than they ever imagined but came through it with a sense of clarity and purpose that has them itching to share the possibilities with the millions of middle-aged women out there who feel the same way about one or many areas of their lives. Getting "unstuck" doesn t have to mean running a marathon, traveling the world, or ending a relationship with your partner. Through their experiences and a good dose of no-nonsense advice, Karen and Pam show readers how achieving small goals can give you a renewed sense of accomplishment and how you can keep growing, learning, and moving forward at any age. Interspersed with personal stories is expert advice from doctors, psychiatrists, artists, and even a poker diva (who also happens to be a Fortune 500 executive). "



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