

Early Praise for **YOU ARE NOT STUCK**

"Each of us has the capacity to choose how we show up in the world, but we need the initial spark of permission to make meaningful and lasting changes. With a wise, practical path for revealing your own courage and grace, this book is perfectly poised to help you make choices—and believe in yourself—with confidence and clarity."

—Elena Brower, bestselling author of *Practice You*

"Feeling stuck and scared is a totally gross but totally normal part of real motherf*cking life, and there's no shame in needing help. We all do from time to time. In *You Are Not Stuck*, Becky Vollmer holds out a hand—an insightful, grace-filled, relentlessly human hand—to pull you out of the suckery and turn your fear into fuel for bold choices. I love the energy of this book."

—Jennifer Pastiloff, author of *On Being Human*

"With openness, compassion and earned optimism, Becky Vollmer guides us out of paralysis into action, reminding us that *stuck* is a state of mind, and that choice is where our real power lives. For anyone needing to make a change in their lives but not sure how to begin, get this energizing and important book immediately and let Becky hold your hand as you discover just how ready and powerful you are."

—Scott Stabile, author of *Big Love*

"Becky Vollmer has written a brave and deeply wise wake-up call-to-empowerment that will change the lives of every person who picks it up. In a warm, often uproarious voice reminiscent of Anne Lamott, *You Are Not Stuck* is the book we need right now to guide us through the psychic quicksand that keeps us from moving forward in our lives and fulfilling our potential. I loved it, I learned from it, and I'm passing it on to everyone I know."

—Elissa Altman, author of *Motherland*

"*You Are Not Stuck* is both the balm and boost I didn't know I needed. While self-development authors often struggle with the 'how' of change, Becky has managed to turn it art: a practical, humble, and humorous invitation to reclaim your life—instructions absolutely included!"

—Dr. Rebecca Ray, clinical psychologist and author

"This isn't just another self-help read, filled with the same listicle of pseudo-empowerment tips to manifest your own destiny. *You Are Not Stuck* is a conversation with friend; a friend who encourages you to evaluate your own priorities, and understand that there is nothing wrong with where you are on your path. Honest, empowering, and freeing. A must-read!"

—Emily Paulson, author of *Highlight Real*