



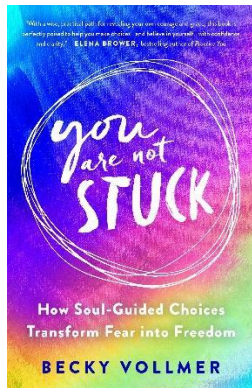
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FOR IMMEDIATE RELEASE:

YOU ARE NOT STUCK

How Soul-Guided Choices Transform Fear into Freedom

By Becky Vollmer



“An earnest exhortation to pursue one’s passions.”

—*Publishers Weekly*

We have all faced moments in life where we feel *stuck*, whether it is in our jobs, our relationships, our habits, or when the life we’re living simply doesn’t add up to the one we want. We feel stuck when it seems like we don’t have options, or when we don’t trust or allow ourselves to make the changes we so deeply long to make. But “stuck” is a fear, not a fact.

Empowerment and yoga teacher Becky Vollmer believes that, when we feel paralyzed by our fears, the answer isn’t just courage—it’s choice. Because we all *have* choices, we just have to be brave enough to *make* them.

Becky’s debut book, ***YOU ARE NOT STUCK: How Soul Guided Choices Transform Fear into Freedom*** (on-sale January 3, 2023 from St. Martin’s Essentials; \$27.99; ISBN: 9781250864369; 240 pages), blends straight talk, humor, and a modern take on ancient yoga philosophy to guide would-be job quitters, divorce filers, bad-habit breakers, and other change seekers through her unique 9-step process laid out over the three sections of the book:

- In Section 1 we come to understand both the general phenomenon of “stuck” and begin to examine our own specific situations
- In Section 2 Becky teaches us how to move from fear to choice by aligning with our values and connecting with our divine nature
- In Section 3 we create a unique playbook for taking confident action because, as Becky says, “intention without action is just wishful thinking.”

Combining self-exploration exercises, mindfulness practices, and breathing techniques that invite readers to both soothe and embolden the spirit, **YOU ARE NOT STUCK** results in a new outlook that helps you reset your priorities, drown out naysaying voices in your head, and make bold choices in support of the life you desire.

Becky Vollmer is a speaker, yoga teacher, and creator of You Are Not Stuck, a movement that empowers people to pursue the lives they most deeply desire. She guides a global community on social media that is several hundred thousand strong, teaches online courses about empowerment and choice, and leads sold-out programs that combine movement, breathwork, self-exploration, and action planning at yoga and wellness centers across the country.

A former newspaper journalist, Becky writes on topics including personal growth, relationships, mental health and wellness, mindfulness, meditation, and spirituality. She also is a leading voice in the sobriety and recovery community. Becky lives in St. Louis, Missouri, with her husband, their four children, three pets, and more flowers than one person should be allowed.