

BECKY VOLLMER
AUTHOR OF *YOU ARE NOT STUCK*



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.

Becky is the author of *You Are Not Stuck: How Soul-Guided Choices Transform Fear Into Freedom* (St. Martin's Press, 2023). 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, four pets, and more flowers than one person should be allowed.