



Getting Unstuck

By Dr. Joy Browne

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On her own internationally syndicated radio program, Dr. Joy Browne helps millions of listeners get to the point and solve their problems, one caller at a time. In this book, she lays out her revolutionary 8-Step System that makes it simple to find terrific answers to life challenges.

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Editorial Review

From Library Journal

Folks who love to hate Browne will be disappointed with this book it presents some pretty good advice. The titular eight steps are part of a larger method for "getting unstuck from the past, and getting on with your life." However, readers can't skip around from step to step. The entire book helps readers identify, evaluate, objectify, and actively solve problems. Using concepts from cognitive behavioral therapy, Browne focuses on the process as well as the product. Thus, "extracting your emotional self from a situation" and acting in your own best interest are both key to getting unstuck. Browne presents scenarios that mimic call-ins from her radio show to exemplify various concepts, and although these scenarios are varied, readers may want more concepts and fewer examples. As in her earlier, readable *Dating for Dummies*, Browne's tone here is easy yet insightful and informative. Recommended.

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About the Author

Dr. Joy Browne is a licensed clinical psychologist and host of her own nationally syndicated daily radio show. Every day, millions of listeners in the U.S. and Canada hear her give advice on everything from cheating boyfriends to the best new plays on Broadway. She has won numerous awards for her work, including the American Psychological Association's President's Award and the National Association of Radio Talk Show Hosts award for Best Female Talk Show Host two years in a row. In addition to radio, Dr. Browne can be seen on television as a guest on shows such as Oprah and Larry King Live, and as the host of her own show, Doctor Joy Browne.

This is Dr. Browne's eighth book. Her other titles include *The Nine Fantasies That Will Ruin Your Life*—0609804731 and the bestselling *Dating for Dummies*—0764550721. Before finding her way to the airwaves, Dr. Browne was a teacher, Archaeologist, and engineer on the space program. Joy keeps herself inspired by dancing, hot-air ballooning, skydiving, and practicing yoga. She is a proud resident of New York City.

Users Review

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