



# Getting Unstuck: Break Free of the Plateau Effect

*Hugh Thompson, Bob Sullivan*

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## **Just try harder.**

Just work harder. Just do more.

But what happens when working harder doesn't seem to be getting you better results? You've got to get unstuck.

In *Getting Unstuck*, Bob Sullivan and Hugh Thompson show the different kinds of plateaus that can hold you back and how they can be overcome. Using case studies of both success and failure—including Derek Jeter, Blockbuster, and Google—they identify how to avoid pitfalls and to incorporate the peak behaviors that place breakthroughs within anyone's grasp. If you've ever given more and more to a broken relationship, a weight-loss regimen, or a stalled career—only to get less and less in return—*Getting Unstuck* will change your life.

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### **From reader reviews:**

#### **Lisa Martin:**

Playing with family within a park, coming to see the marine world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try matter that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Getting Unstuck: Break Free of the Plateau Effect, you are able to enjoy both. It is very good combination right, you still need to miss it? What kind of hang type is it? Oh occur its mind hangout men. What? Still don't have it, oh come on its called reading friends.

#### **Brooke Jenkins:**

In this time globalization it is important to someone to find information. The information will make professionals understand the condition of the world. The condition of the world makes the information much easier to share. You can find a lot of referrals to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher in which print many kinds of book. The book that recommended for you is Getting Unstuck: Break Free of the Plateau Effect this e-book consist a lot of the information of the condition of this world now. This kind of book was represented how does the world has grown up. The terminology styles that writer use for explain it is easy to understand. The actual writer made some study when he makes this book. Honestly, that is why this book suitable all of you.

#### **Sean Owens:**

Many people spending their period by playing outside having friends, fun activity along with family or just watching TV the whole day. You can have new activity to invest your whole day by studying a book. Ugh, ya think reading a book really can hard because you have to accept the book everywhere? It alright you can have the e-book, bringing everywhere you want in your Smartphone. Like Getting Unstuck: Break Free of the Plateau Effect which is having the e-book version. So , try out this book? Let's observe.

#### **Ann Lang:**

A number of people said that they feel fed up when they reading a reserve. They are directly felt that when they get a half portions of the book. You can choose typically the book Getting Unstuck: Break Free of the Plateau Effect to make your own reading is interesting. Your skill of reading proficiency is developing when you like reading. Try to choose easy book to make you enjoy to read it and mingle the opinion about book and reading especially. It is to be initial opinion for you to like to start a book and examine it. Beside that the publication Getting Unstuck: Break Free of the Plateau Effect can to be a newly purchased friend when you're really feel alone and confuse with the information must you're doing of this time.

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