



The 52 Weeks: Two Women and Their Quest to Get Unstuck, with Stories and Ideas to Jumpstart Your Year of Discovery

By Karen Amster-Young, Pam Godwin, Barbara Hannah Grufferman

Skyhorse Publishing. Paperback / softback. Book Condition: new. BRAND NEW, The 52 Weeks: Two Women and Their Quest to Get Unstuck, with Stories and Ideas to Jumpstart Your Year of Discovery, Karen Amster-Young, Pam Godwin, Barbara Hannah Grufferman, Edging into forty-something, Karen and Pam found themselves in a state of stuck. They had checked off many of their major life goals career, husband, children, friends but they d lost momentum. After griping over drinks one night, they came up with a plan to face their fears, rediscover their interests, try new things, and renew their relationships. They challenged themselves to try one new thing every week for a year from test-driving a Maserati to target practice at a shooting range to ballroom dance lessons and to blog about their journeys. They quickly realized it was harder than they ever imagined but came through it with a sense of clarity and purpose that has them itching to share the possibilities with the millions of middle-aged women out there who feel the same way about one or many areas of their lives. Getting "unstuck" doesn't have to mean running a marathon, traveling the world, or ending a relationship with your partner....



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**