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EMPOWERMENT



### The Self Improvement Show Archives Available

**June 28th 2012: Get Beyond Intent and Get Un-Stuck!**

Gary Spinell will talk about getting unstuck. You know what I mean. After we take our first few steps in a new direction with a new thought process and have some partial success, our momentum crawls to a stop until eventually we are stuck. How did we get stuck and more important, how do we get un-stuck? We will be discussing his new book, Beyond Intent, that helps explain why you got stuck in the first place and shows in both practical and spiritual nuances, how to get un-stuck. We will talk about the numerous nuances of our behavior, beliefs, thoughts and actions that create our experiences.

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