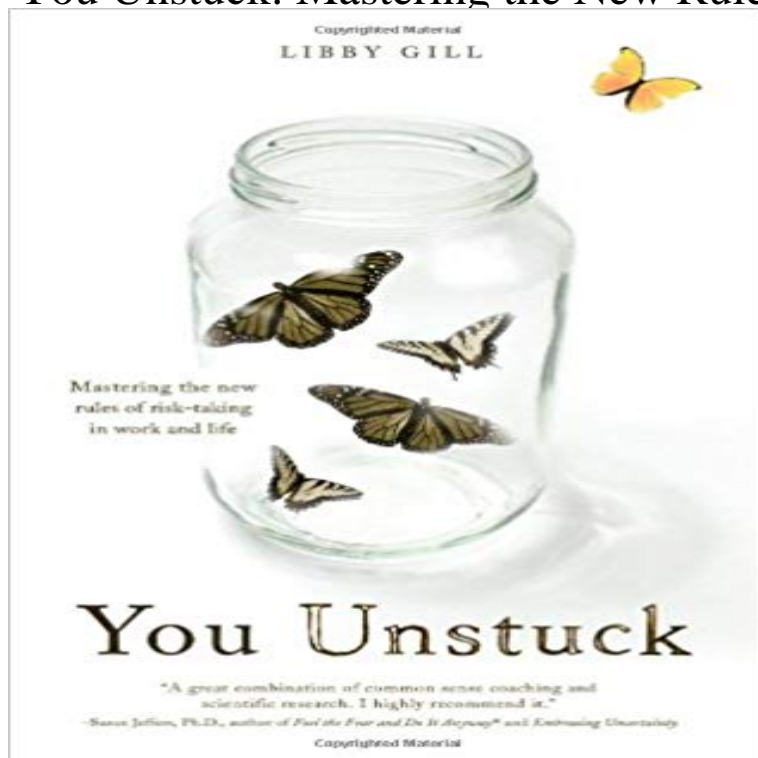


You Unstuck: Mastering the New Rules of Risk-taking in Work and Life



In *You Unstuck*, Libby Gill uses cases studies, client stories from her coaching work, and brain research to help readers understand the biological basis of fears that hold them back. She shows how to reframe what she calls Riskophobia, turn off the fear voices, and circumvent ancient defense systems. Readers can then create an Escalating Risk Hierarchy by chunking down their vision into small, actionable steps, ordered from least to most anxiety inducing. By combining stress-busting relaxation techniques with small action steps, the readers odds for realizing their vision greatly increase in this Relax, Risk, Repeat cycle. Gill also shows readers how to Avoid Limiters & Embrace Liberators, keeping naysayers at bay while seeking influential supporters who can help free their creativity and productivity. Capitalizing on her business background, coaching expertise, and a personal history of risk-taking and resilience, Gill makes complex concepts relevant and accessible through immediately applicable tools, exercises, self-tests, and questionnaires that challenge readers to change.

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