



# 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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