



Simple Acts of Moving Forward: 60 Suggestions for Getting Unstuck

Vinita Hampton Wright

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It's only natural to want to move forward: in our careers, in our family lives, in our faith. . . . But how do we begin moving forward when there is so much weighing us down and holding us back?

In *Simple Acts of Moving Forward*, author and workshop leader Vinita Hampton Wright offers simple but profound solutions to the problem of getting stuck in our lives, providing us with the help we need to move forward again. Wright, who has learned in her own life how to avoid gridlock, lists 60 suggestions for taking a step, making a change, and becoming the whole person each of us was meant to be.

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