



# The 52 Weeks: Two Women and Their Quest to Get Unstuck, with Sto

*Karen Amster-Young, Pam Godwin*

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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. Through their experiences and a good dose of no-nonsense advice, Karen and Pam show readers how achieving small goals can give you a renewed sense of accomplishment and how you can keep growing, learning, and moving forward at any age. Interspersed with personal stories is expert advice from doctors, psychiatrists, artists, and even a poker diva (who also happens to be a Fortune 500 executive).

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