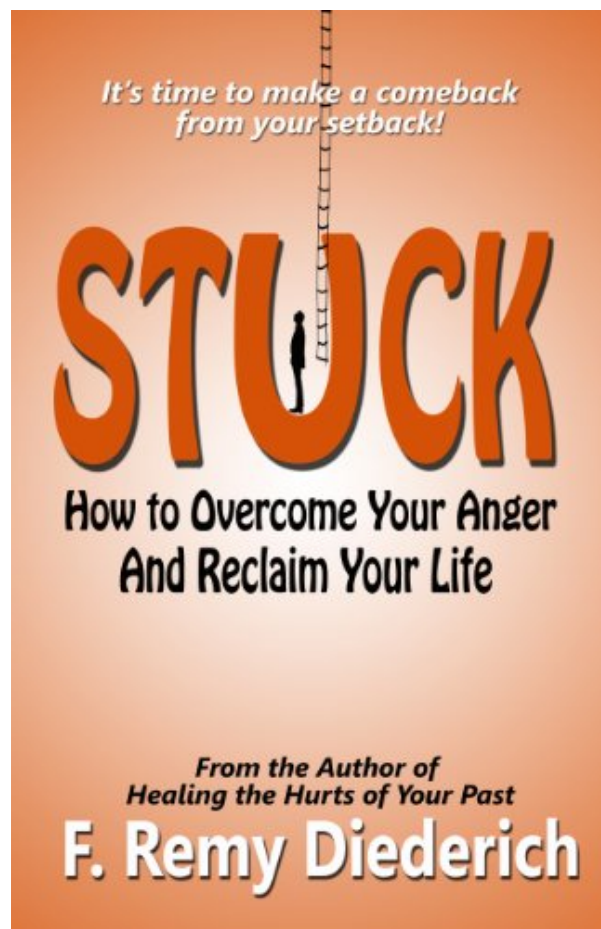


**STUCK: HOW TO OVERCOME YOUR
ANGER AND RECLAIM YOUR LIFE BY F.
REMY DIEDERICH**



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STUCK

**How to Overcome Your Anger
And Reclaim Your Life**

*From the Author of
Healing the Hurts of Your Past*

F. Remy Diederich

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About the Author

F. Remy Diederich is the author of three books, *STUCK*, *Healing the Hurts of Your Past*, and *Out of Exile*. He is the founding pastor of Cedarbrook Church in western Wisconsin. Remy also consults with Arbor Place Treatment Center as well as leads retreats for pastors.

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Getting Unstuck

By A Pastor Sings

Staying stuck in anger can become such a habit, we don't realize how stuck we really are. But staying stuck in anger prevents us from living full and productive lives. F. Remy Diederich's second book is more than a self-help manual. Remy uses biblical principles (without getting "preachy") to help the reader recognize accumulated anger and start the process of healing and restoration. This book reads better than Remy's first book, "Healing the Hurts of Your Past" - in part because it is better organized, but also because Remy's writing style is clearer and more focused. The first half of the book helps the reader identify ways we get stuck in our anger, and the second half moves the reader through a series of steps to start getting un-stuck. Throughout the book, Remy offers journaling pauses to encourage the reader to write down responses to specific questions. Like any good program of self-awareness and transformation, you will get out of it what you put into it. Commit to the process, and join Remy on the journey toward health and wholeness. 5 of 5 people found the following review helpful.

THOUGHT PROVOKING.....

By MinniNug

Stuck: How to Mend and Move on From Broken Relationships

First off I want to say this is a book I would highly recommend and already have recommended to friends of multiple religious and non-religious beliefs. It's "peppered" with scripture, not overwhelming.

I have to say the beginning information explaining how to read the book seemed a bit drawn out to me, but once I got through it and into the regular chapters it really started flowing and hitting home.

I was initially interested in reading this book because I had recently felt my life as "Stuck". Having multiple health issues, bad choices in the opposite sex, feeling a failure as a single parent and being told I have multiple heart conditions and not knowing how much time God will be giving me. I was stuck which way to turn, what to do, re-evaluating almost 50 years of not quite living up to others expectations and wondering had I really honored God in my life, had I really done the best I knew how at the time for my kids? So I was excited to see where this book would take me.

In chapter 3 where Remy explains about the Look of Anger "rage, violence, swearing, silence", yep been there done that. Then in chapter 4 explaining how to "Understand Anger". The "perceived injustice, Emotional Response, Actions Taken."

I know all parents out there will relate to this. I wish I had this wisdom when my children were small. But it also fits ALL adults, I won't give away more of the book, you must read it to gain value from it and don't worry Remy doesn't just explain the bad he also helps you learn and grow from it and become un-Stuck in

your life.

I like the way it is written so that 10 people from various walks of life can read it and come out with 10 different ways on how its just perfect for them. I feel it is a book for anyone not just people in a certain walk of life. It is a easy read and re-read. You can skim through it and then be hooked and read through it slowly and really answer the provoking questions. It's just right for anyone wither you believe in God or not. I feel Remy wrote this for the masses no matter your beliefs or struggles.

This is a definite read for everyone. Give it a try.6 of 7 people found the following review helpful.

Awesome book! A MUST READ !

By SV-Arkansas

When I became aware the STUCK was getting published and what exactly the topic to be covered; I knew that this would be my next book of Remy Diederich's that I would own. His words in the pages of Healing the Hurts of Your Past spoke to me as if they were intended for only me. STUCK has caught my attention from the beginning cover and kept me glued to the end.

Anger is one of the short-comings that I have struggled thru for many years. This resource has allowed me to realize that I may not be the only person on earth that struggles with those people who think differently than I do.

I have and will continue to encourage anyone who has struggles with relationship connections to read this book. Awesome read!

Scott ValentineSee all 22 customer reviews...

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