



Life Unstuck: Finding Peace with Your Past, Purpose in Your Present, Passion for Your Future

Pat Layton

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Everyone has felt *stuck* at some point in life. Our inertia is gone, momentum is wiped out, and life trudges on devoid of passion. But God has so much more than this planned for his daughters. With passion and enthusiasm, Pat Layton invites women to imagine their world *unstuck*--a place where they feel at peace with the past, find purpose in the present, and revel in the possibilities that the future holds. With her rousing Unstuck Manifesto, she delves deep into the areas readers get stuck in the most--relationships, finances, ministry, career, and more--and, with the Scriptures as her guide, unveils the path to positive forward movement.

Life Unstuck: Finding Peace with Your Past, Purpose in Your Present, Passion for Your Future Details

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From Reader Review Life Unstuck: Finding Peace with Your Past, Purpose in Your Present, Passion for Your Future for online ebook

Joanne Viola says

I think I entered my adult life with a bunch of dreams in my head, all happy events I was anticipating and looking forward to occurring in my life. But somewhere along the way, life happened apart from my dreams. I began to doubt my dreams would ever be. The question mulling about in my head was, “Do I dare to even try dreaming again?”

In her book, Life Unstuck, Pat Layton addresses the truth that we can become unstuck from the circumstances in our past which seek to hold us back.

God wants us unstuck and experiencing peace with our past, purpose in our present, and passion for our future.

(page 11)

Using Psalm 139 as the foundation for this book, Pat looks deeply into the areas we most get stuck and shares from Scripture the way to get back on track and live life abundantly. The way back is to dive into God’s Word and begin thinking about His words over and over until our minds start to think what He thinks about ourselves and our situations.

In dissecting Psalm 139, she uncovers these truths:

God has purposes for your unstuck gifts and talents.

God has potential for your unstuck quirks.

God has plans that are good for your unstuck weaknesses.

God created and designed unstuck you to be you.

(from page 46)

I found this book to be encouraging and challenging. Each page breathed hope into every situation ever experienced that God was working for my good, desiring to redeem it all as He continued to change my life so as to fulfill His purposes for my life. Every word spoke deeply of how greatly our God loves each one of us

Love is the safety net that allows us to be spontaneous, to take chances, to attempt great feats, to reveal our true selves, to become more than we ever thought possible.

(page 75)

The book is rich with quotes from other authors which reinforce the truths Pat shares. There are quizzes and questions which would make this a wonderful Bible Study to do with a small group. Whether read alone or in a group, this book will bless, encourage and bring release to each reader as they apply the truths shared to their hearts and minds.

Life unstuck is an ordinary journey with an extraordinary God.

(page 245)

This book will help you to realize you are a unique person designed by God who loves you more deeply than

you can imagine and who purposes beyond any of your expectations. May you be blessed in reading this book and come Unstuck.

Check out the Unstuck Community and free resources at: <http://life-unstuck.com/>

Lisa Johnson says

Title: Life Unstuck

Author: Pat Layton

Website: <http://patlayton.net/>

Pages: 256

Year: 2015

Publisher: Revell

Have you ever visited an author's website before opening his/her book? For me, seeing an author's website and reading some posts gives me a wider understanding of the message a writer desires to present to his/her audience. Most authors write blog posts on their sites frequently, which help me see a broader timeframe along with what the writer has possibly been learning over time.

Life Unstuck takes a look at Pat Layton's favorite Bible passage Psalm 139, which she discovered some time ago when she was searching to become "unstuck" in her life. With humor, she helps readers see the truth that it is much easier to get stuck than unstuck. There are many reasons women feel stuck and Pat Layton humbly hopes that readers will come away with the main message: "God wants us unstuck and experiencing peace with our past, purpose in our present, and passion for our future." (pg 11)

After the introduction, the author shares what she calls the Unstuck Manifesto in hopes readers will read it often whether alone or in groups. Throughout the chapters, personal stories are shared along with the path Pat Layton walked towards her own freedom. Pat's path is the light by which she hopes others will walk, read her stories, but mostly let God do His work in individual hearts.

Periodically, readers are invited to visit a website to download and use material not in the book to print and get alone with God to let Him guide each individual through the activity. While sharing her story, there is encouragement for others to discover their unique story and path. So will you?

My rating is 4 stars.

Disclosure of Material Connection: I received one or more of the products or services mentioned above for free in the hope that I would mention it on my blog. Regardless, I only recommend products or services I use personally and believe will be good for my readers. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255. "Guides Concerning the Use of Endorsements and Testimonials in Advertising."

Other reviews can be read at <http://seekingwithallyourheart.blogspot.com>.... Also follow me on Twitter @lcjohnson1988, FaceBook at <https://www.facebook.com/lisa.johnson...>

Susan Mead says

Are you stuck somewhere? Looking to move forward?

Then read Life Unstuck. It helps you put down what's holding you down, pick up a purpose and propel into your passion. Want that?

READ Life Unstuck! You will be glad you did.

Sheila Watson says

This book is exactly what every woman needs. No matter what season of life you are in, if you feel "stuck" in anything READ THIS BOOK!

Jennifer Pickwell says

I know so many women who hang on to the mistakes and choices of their past and struggle to move forward. We dwell on where we went wrong, but can't seem to see the purpose in our current situation...let alone look to future goals and dreams. Author Pat Layton will strike a chord with any woman of any age with Life Unstuck. Reading her book is very much like sitting with a dear friend and getting wisdom from a more seasoned in life woman.

In each chapter, Pat Layton highlights an Unstuck Truth, twenty-four in all. This is my favorite feature of this book. Each truth is a golden nugget, a takeaway that is easy to remember and so encouraging. A few of my favorites include, "Unstuck Truth #9: Grief looks down, fear looks around, faith looks up!", and "Unstuck Truth #5 God has been, is, and always will be present. He will never let you go."

I also really enjoyed the Garden of Personality Test Layton uses to help readers really see their personality type. She even uses the test results to guide you through how your personality might be affecting your walk with the Lord. If you have a ladies Bible study group, I think this would be a good book to read together. At 245 pages, it is lengthy but I feel like most women would appreciate its subject matter and depth.

Find out more about author Pat Layton on her beautiful blog, patlayton.net.

I was given a complimentary copy of this book by its publisher in exchange for an honest review. I have not been compensated in any way and all opinions are my own.

C.E. Hart says

Sometimes we have to change our position to change our perspective. Stay focused on your potential, not your problems! (Unstuck Truth #22)

As **Life Unstuck**'s title and cover art illustrates, we all get stuck from time to time. We find ourselves in ruts, with numbing, negative thoughts seeping through our minds. *What's my purpose? What do I have to offer? Who am I, really?*

Psalm 139: A life-changing hymn that inspires life-changing thoughts.

In David's 139th Psalm (known as "the crown of the Psalms") he sings of God's omniscience and omnipresence. Our God knows all, He sees all, and He created our blueprints. Yes! He knows every

minuscule part of us and He created a plan for us. He is constantly thinking about us, and gave us instructions on how to live our lives. This should motivate us to fill our minds with Godly thoughts, love what he loves, and not tolerate anything that hinders our walk with Him.

These are life-changing verses. Life-changing thoughts.

If we bind ourselves in negative thoughts we rob ourselves of peace and freedom. Unfortunately, getting unstuck is more difficult than getting stuck, but this book leads us through the purposeful verses of Psalm 139 and motivates us to (as the author states) “do all we can to get unstuck and enjoy the journey of our lives.”

Life Unstuck is comprised of twenty-four simplistic, yet efficient chapters focusing on each verse of the 139th Psalm, and is divided into four sections.

Section One: Just Imagine Life Unstuck

Section Two: Peace with the Past

Section Three: Purpose in the Present

Section Four: Passion for the Future

If your mind is cluttered with worry over finances, your life path, your career, marriage, (etc.) then I urge you to read *Life Unstuck*. It guides you through the 139th Psalm, bring clarity to your thoughts, and help you find peace, purpose, and passion.

4 Stars

Cover: Like it

Title: Like it

Publisher: Revell

Pages: 257

First Lines: **If I want to make my youngest grandkids laugh until sweet tea spews from their little noses, I remind them of the time we went tubing in the North Georgia Mountains.**

Disclosure of Material Connection: I received this book from the publisher through Revell. I was not required to write a positive review. The options I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.

Maria Marino says

What can I say about a book whose opening chapter *Life Unstuck* Cover - Pat Layton starts off with the author describing how, as she was struggling to open her eyes, was aware of only one thing – her freezing cold, naked bottom sticking up in the air surrounded by chattering voices? Makes you want to laugh out loud or bite your nails nervously wondering how she got there. Definitely sets the stage for what you can expect from *Life Unstuck* – Pat Layton’s unashamed willingness to bare all and get personal as she flashes the truths that lift the stinky sticky lies and debris that hold us stuck. Beginning with the fact that God sees everything & knows everything about us. So why not expose who we really are since we serve a personal God ready to use us immeasurably, for His purpose right now, the way we are?

Pat's stories and humour blended with compelling insights accompany you through a refreshing and transforming journey through Psalm 139. The book evenly divides the verses into four sections: Just Imagine Life Unstuck, Peace With The Past, Purpose in the Present, Passion for the Future with each chapter examining a single verse that uncovers a distinct Unstuck Truth.

With every word, you sense Pat's support, like a friend buoying you up through plunging waters in this invigorating voyage toward the land of unstuckness. In addition to her guidance along the way, she offers resources available at life-unstuck.com to strengthen you and go deeper. Practical things like the 24 Days of Prayer and Praise Study Guide, Unstuck Performance Fact Checker, The Truth About Who We Are and Ephesians Anger Checklist that enrich the content of the book and make it more real and meaningful.

A powerful gift tucked inside Life Unstuck is the Unstuck Manifesto you'll want to keep close by to declare on a regular basis. Especially on those days when you feel stuck. Stuck at the edge of dreams unfulfilled. Stuck with 'not enough' glued to your heart and convictions. Stuck in the comparison trap. Stuck in the past, stuck in your present challenges, stuck to the invisible wall of anger, insecurity, or unforgiveness barring you from entering the future with joy and confidence,

Life Unstuck is definitely an action book. Pat Layton packs it to overflowing with gems and veins of gold mined by her clever and encouraging insights, observations and even surprises. Such as her dress code for unstuck victory, Garden of Personality test, Six Steps to Unstuck Emotions, Three Facts about Unstuck Imperfection, and ABC Steps to Unstuck Rest & Restoration. But the unstuck happens by applying and believing them. As the author passionately points out, "When we live unstuck & surrender every day fully to the Lord, God can not only use you mightily, but He can transform your life into something strikingly beautiful & breathtaking."

Whispered throughout is this unmistakable message of hope and restoration: because " my past is redeemed, my present is hemmed in, my future is secure" by the God who made us and loves us like crazy, we can boldly claim the truths contained in Psalm 139. We can live in freedom, enjoying and sharing who we truly are – the perfectly designed masterpiece God knit in our mother's womb complete with the longings, personality, gifts, talents, and yes, quirks and weaknesses too, He shaped in us. We can fearlessly light up the world and change it forever like no one else can. Like the magnificent, one-one-a-kind marvel God created us to be!

One of the best things about Life Unstuck is that the journey doesn't end on the last page. Pat invites us to continue and connect at life-unstuck.com and join the Life Unstuck Woman's Club. That way we can "get hold of Life Unstuck together."

Disclosure: Many thanks to Revell Publishing for the invitation to be part of Life Unstuck Blog Tour and the complimentary book in exchange for this unbiased review.

Julie says

The group of women who joined me in reading this book made it so worthwhile. Many nuggets of wisdom inside along with beautiful discussions in person. I did not feel entirely connected with the author, but enjoyed her viewpoints on becoming closer to God and "unstuck" in my life.

Valerie Sisco says

I'm not a fan of personality tests. Maybe it's because I'm an introvert and my answers to the questions always land me squarely in the melancholy category. While all the other personality types seem to be kinder, gentler and having fun like social butterflies, my personality type is off in a corner, brooding and introspective.

But I finally found a personality quiz that held out some hope {and a little happiness} to help me get my mind off how I'm planning every detail of all the tasks I have to accomplish {perfectly}.

Pat Layton author of the new book, *Life Unstuck*, classifies the personality types a little differently. Using creatures in nature to describe the four personality types — bumblebees, hummingbirds, lady bugs and butterflies — she made the quiz seem much more appealing to me.

I was quite cheered to find that instead of being typecast as sad and gloomy melancholy, I was a remarkable hummingbird.

Instead of trying to change yourself, Pat suggests that God designed us for using our gifts and talents, has potential for our quirks and has plans that are good for our weaknesses. What we see as stuck, God sees as potential.

In the pages of *Life Unstuck* are practical pointers for women to move beyond the areas of their life where that keep them stuck and unable to move forward. The four sections help us imagine a life unstuck, find peace with our past, purpose in the present, and passion for the future.

Disclosure: I received a complimentary copy of the book from the publisher, but my opinions are completely my own.

A.C. Cuddy says

*"Everyone has felt stuck at some point in life. Our inertia is gone, momentum is wiped out, and life trudges on devoid of passion. But God has so much more than this planned for his daughters. With passion and enthusiasm, Pat Layton invites women to imagine their world unstuck--a place where they feel at peace with the past, find purpose in the present, and revel in the possibilities that the future holds. With her rousing *Unstuck Manifesto*, she delves deep into the areas readers get stuck in the most--relationships, finances, ministry, career, and more--and, with the Scriptures as her guide, unveils the path to positive forward movement."*

Had I not gone any further than page 13 to what the author titled "*Unstuck Manifesto*", I would already have been beyond blessed by this book. However, I kept reading. And oh how I was blessed. In ***Life Unstuck***, the author, *Pat Layton*, so readily shares testimony from her own life where she was stuck, and allows us into her journey of freedom.

She writes to us about finding peace with your past, purpose in your present and passion for your future by asking the reader to just imagine a life unstuck... unstuck from our memories, unstuck in our faith, our purpose, our performance, our favor, our passion our emotions and so much more. This book is not a casual

read. It is something that you will want to read again... and probably again. And while you're there, join her in the *Unstuck Woman's Club*.

*Disclaimer: I received a copy of this book through the Revell Blogger Review Program, in exchange for my honest review. All opinions are my own, and no monetary compensation was received for this review.

Visit the Life Unstuck website at: <http://life-unstuck.com/>

About the author: Founder and president of Life Impact Network, Pat serves on the board of directors of Proverbs 31 Ministries and is a busy speaker, author, and life coach specializing in "dream design" for women. She is founder of "Imagine Me... Redeemed, Restored, Renewed... Set Free," a national women's conference, and the author of *A Surrendered Life*. She and her husband, Mike, have three children and five grandchildren.

*Reviews of this book were posted at the following locations:

Amazon, Christian Book, Deeper Shopping, Goodreads, and to be featured on my blog at <http://titus3.wordpress.com>

Michele Morin says

Around our house there's a bit of common wisdom: If it moves and it shouldn't, use duct tape. If it won't move and it should, use WD-40. Raising four boys over the past twenty years, there have always been plenty of applications for both remedies. *Life Unstuck* is another remedy for the stuck places in life as Pat Layton enthusiastically points the way toward Truth — the spiritual WD-40 that we all need. Based on Psalm 139, the book is a practical, pumps-on-the-ground biblical commentary which applies wisdom for finding three gifts God offers to his children:

Peace: Rejoice in Pat's testimony of deliverance from a life of reckless disregard for God, and of the forgiveness that she found, knowing that this same Jesus can bring peace with the past, healing of memories, and freedom from anger.

Purpose: As she praises God for the work He has done in her family, ministry, and heart, Pat Layton helps us to see that we, too, have been designed by God with a purpose, not so that we can be "perfect," but so that God will receive glory when He surprises us, works through us, and brings rest and restoration to our chronically distracted lives.

Passion: Married to a Vietnam veteran, Pat is also a warrior, and she has brought Ephesians 6 right into a girl's clothes closet. The armor of God is needed because we fight a real enemy, so fasten your belt and grab your Scripture memory cards, and then pick out a cute purse and jacket, while thanking God for His gift of faith. Living in His truth will lead to "unstuck" emotions, a heart focused on God's "unlimited supply," and the fulfillment of God's good dream for your life.

Clever humor and creativity abound in *Life Unstuck*. For example, a blast from the past: the four temperament types from the 1970's are moved into the garden. After taking a simplified test (page 48), I learned, as a hummingbird, that unless I limit myself to a couple of edits for this book review, it will never see the light of day, and that I should try to limit myself to one critical comment per conversation.

Life Unstuck is brimful of resources, and I recommend a slow, thoughtful read, working through one chapter a week, savoring Psalm 139 verse-by-verse and committing it to memory, and accessing all the resources available online at life-unstuck.com to begin pushing deeper into the abundant life God offers — unencumbered, unfettered, unstuck.

This book was provided by Revell, a division of Baker Publishing Group, in exchange for my unbiased review.

Create With Joy says

There are times in life when we find ourselves at a crossroads. In these moments, it's helpful to have the perspective of someone who's been there before and who's learned how to move past the roadblocks.

In *Life Unstuck*, author Pat Layton proves herself to be the perfect guide to help readers make peace with their past so that they can find purpose in their present and passion in their future!

Life Unstuck is a biblically-based book that provides readers with a fresh journey through Psalm 139 – a Psalm that, among other things, reminds us of God's deep abiding knowledge of and love for us.

Pat reminds us that “God knows right here, right now, where your life is stuck and unstuck” – and in *Life Unstuck*, she provides us with truths to embrace and tools to help set us free.

Life Unstuck is well organized: the book contains 24 chapters, divided into 4 sections, with a portion of Psalm 139 provided at the beginning of each section. The book is also well balanced, containing a good mix of life stories and scriptural insights that hold the reader's interest.

I truly enjoyed reading *Life Unstuck* and recommend it both for personal use and for your Women's Ministry library.

To read this review in its entirety, visit [Create With Joy](#).

Disclosure: I received a copy of this book from the publisher for review purposes. However, the opinions expressed in this review are entirely my own.

Veronica says

I enjoyed this book and thought it had a lot of good information. It really reminded me of how much God loves me and how He's thinking about me all of the time, like He is about every one of us! She has a couple tools in the book, such as an unstuck assessment and a personality test, and a lot more at her website that she guides you to at the end of many of the chapters, such as a free study guide. She gave a lot of personal examples of when she felt stuck, shared openly about an abortion she had that she deeply regrets and shared a lot of family stories that illustrated points she was trying to make. I got a little tired of reading the word,

"unstuck." It was used a lot and I did read the book in only a couple of days, so it was probably more noticeable because of that. There is also some repeating, but I've found that to be true in other self-help type books I've read. She has sections about the importance of making peace with your past, purpose in the present and passion for the future with six chapters in each where she breaks down topics to help you achieve your goals. I really liked the reminders about trusting God and believing He sees everything going on in my life and that I need to trust the truth of God's Word and not my emotions or the lies of the enemy, Satan. It's important to pay attention to what you tell yourself, too. You repeat something enough, you start to believe it. I also appreciated her thoughts about unforgiveness keeping you stuck and realized I had some of that to deal with, too. I think this book would be best digested a little at a time so you get the full impact. I highly recommend this book for women who feel stuck!

I received this book free from Revell in exchange for an honest review.

Julie D. says

I think all of us feel stuck at times. I know I do. This book is for those who are looking to move forward from their past and move to a more productive, spirit-filled life. Pat encourages us to let go of our mistakes and allow God to work in our lives more fully.

Pat starts the book off with a hilarious story from her own life. This was a great beginning to this book and the whole book was a fun, yet informative read. I really liked all the stories, not only from Pat's life, but from the lives of others. You quickly realize you're not alone in this being stuck thing.

There is a personality test that shows you your traits and how these traits affect how you deal with life and also your walk with the Lord. I really liked this because I came to realize some things about myself that I didn't know and it helped me in my quest to be unstuck.

I really liked that she encourages us to read our Bible. She gives us some very compelling points for spending time with the Lord and reading His Word. I was so inspired to get unstuck in my spiritual journey and really make my time with the Lord my top priority.

This is a really wonderful book that has helped me in so many ways to get unstuck and move forward. The past tends to want to have a tight grip on me and I finally feel like I have the tools and information to move forward, get unstuck and do the things that God has given me to do! I give this book 5 out of 5 stars.

This book was provided to me for my honest review by Revell Publishing

Victor Gentile says

Pat Layton in her new book, "Life Unstuck" published by Revell gives us Finding Peace with Your Past, Purpose in Your Present, Passion for Your Future.

From the Back Cover: No matter where you are today, the life you long for can be yours!

We all start life with the ability to dream, but somewhere along the way life gets sticky. We find ourselves wondering:

- Does anyone know me for who I really am?
- Am I going to have to “fake it” forever?
- What do I have to offer the world?
- How can I dream about tomorrow when I can’t even handle today?
- Is this all my life will ever be?
- Do I dare to dream of more?

With passion and enthusiasm, Pat Layton invites you to imagine a life where you experience peace with the past, enjoy purpose in the present, and expect the possibilities that the future holds. With fresh personal tools and clear action steps, she delves deep into the areas we get stuck in the most and unveils the path to the life you long to live.

You are a one-of-a-kind design. Life Unstuck will help you live like you believe it!

One of the worst things that can happen in a sailboat is when the wind just dies and the boat is “becalmed”. It is stuck. It is not going to go anywhere until the wind picks back up again. Even feel you are like the sailboat and “becalmed” in life? Pat Layton addresses this issue with five different sections: Section One: Just Imagine Life Unstuck, Section Two: Peace With The Past, Section Three: Purpose In The Present, Section Four: Passion For The Future. There is a moment when we become “stuck”; relationships, family, finances, marriage, you name it there comes a moment where there is no forward momentum. Pat Layton knows all about this and she is our cheerleader in this book, “hang on we will become unstuck and we will all be O.K.” So let us take encouragement from the wisdom that Ms. Layton provides here and increase our passion for the future. I think this is a great resource for everyone and would be a great gift for friends and family.

Disclosure of Material Connection: I received this book free from Revell. I was not required to write a positive review. The opinions I have expressed are my own. I am disclosing this in accordance with the Federal Trade Commission’s 16 CFR, Part 255: “Guides Concerning the Use of Endorsements and Testimonials in Advertising.”
