



If the Buddha Got Stuck: A Handbook for Change on a Spiritual Path

Charlotte Sophia Kasl

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Perennial favorites, Charlotte Kasl's **If the Buddha Dated** and **If the Buddha Married** have inspired readers with their empowering blend of spiritual and psychological insights. Her latest, **If the Buddha Got Stuck**, is a wise yet lighthearted book that will speak to anyone who's ever experienced being stuck in life and wanted to break free. With her signature clarity, wisdom, and warm heart, Kasl presents readers with seven steps that tap into life's bigger picture: Notice Where You're Stuck; Show Up; Pay Attention; Live in Reality; Connect with Others; Move From Thought to Action; and Let Go. Full of insight from Buddhist and other teachings that emphasize the joy that comes with letting go of attachments to events and things, **If the Buddha Got Stuck** is an inspirational and practical roadmap to a more joyful, peaceful, and fulfilling life.

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