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Unstuck is a practical, easy-to-use guide explaining the seven stages of Dr. Gordon's approach and the steps we can take to exert control over our own lives and find hope and happiness. Unstuck is designed for anyone who is suffering from depression, from mild subclinical depression ("the blues") to its severest forms.

Unstuck: Your Guide to the Seven-Stage Journey Out of Depression. Walking, for example, is excellent. However, exercise of all kinds has also been shown to increase levels of the neurotransmitters serotonin and norepinephrine, the exact ones antidepressants are aimed at, as well as the feel-good hormones, endorphins.

It's to open up your mind to new ideas to get unstuck and make some changes in your life. To pursue something new that can result in a new-found passion, a new skill, or a new career or just general overall life improvement and richness.

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