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CONTACT: Lauren Burnstein
lburnstein@skyhorsepublishing.com

OVERWHELMED? BORED? FRUSTRATED? GET "UNSTUCK," GET INSPIRED, AND GET GOING AGAIN!

The 52 Weeks

Two Women and Their Quest to Get Unstuck, with Stories and Ideas to Jumpstart Your Year of Discovery

By Karen Amster-Young and Pam Godwin
Foreword by Barbara Hannah Grufferman

"We all want lives packed with both fun and fulfillment. With its humor, honesty, and great insight, *The 52 Weeks* is a terrific resource for anyone who wants to get unstuck."

—Gretchen Rubin, author of the bestsellers *Happier at Home* and *The Happiness Project*

With over 20 experts including
Dr. Helen Fisher; Lisa Lillien, the Hungry Girl; and CEO Joi Gordon, Dress for Success

Many women can relate to **Karen Amster-Young** and **Pam Godwin**, two friends who 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. ***The 52 Weeks: Two Women and Their Quest to Get Unstuck, with Stories and Ideas to Jumpstart Your Year of Discovery*** (Skyhorse Publishing, November 2013) is about their journey to try one new thing a week for a year—from test-driving sports cars to target practice at a shooting range to ballroom dance lessons—and how anyone can start making changes in their lives. In the end it wasn't just about doing adrenaline-inducing activities; it was about taking time for themselves, looking within, and taking small steps toward change. "No one wants to be stricken by the 'inertia curse,'" says Barbara Grufferman, author of *The Best of Everything After 50* and the foreword for *The 52 Weeks*.

Getting "unstuck" doesn't have to mean running a marathon, traveling the world, or ending a relationship with your partner. After their one-year challenge, Karen and Pam 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 wonderful possibilities with the millions of women out there who feel the same way in any area of their lives. Through personal anecdotes, expert testimonials, 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.

About the Authors

Karen Amster-Young is a marketing and public relations veteran and has amassed many awards for her work in public relations, including a spot on *PR Week*'s "Forty PR Stars under Forty." Karen lives with her husband and daughter in New York City

Pam Godwin began her career as a caseworker for a nonprofit refugee resettlement agency. After getting her master's degree in elementary education, Pam was a classroom teacher and literacy specialist in the New York City public school system. She lives with her husband and children in New York City.

Barbara Hannah Grufferman is the author of *The Best of Everything After 50: The Experts' Guide to Style, Sex, Health, Money, and More*. She writes a weekly column for *AARP* and *Huffington Post*, is the chief pundit for *FOF* (*FabOverFifty*), and blogs regularly for several other major websites. A recent recipient of the Generations of Strength Award from the National Osteoporosis Foundation, Barbara has appeared on *The Today Show*, *Good Morning America Health*, CBS's *The Early Show*, and numerous radio and Internet programs.

To request a review copy of **The 52 Weeks** or to arrange an interview with the authors, please contact:
Lauren Burnstein / (212) 643-6816 x 226 / lburnstein@skyhorsepublishing.com

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