



# OCEAN COUNTY LIBRARY

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Susan Quinn, Director

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## PRESS RELEASE

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### Get 'Unstuck' with Adam Alter in Ocean County Library's Virtual Author Talk Series

**TOMS RIVER** – Adam Alter, the social psychologist behind the newly-published [Anatomy of a Breakthrough](#), will discuss the principles behind his unique approach to achieving personal success in the Ocean County Library's Virtual Author Talk series, 2 PM Wednesday, September 20.

Subtitled *How to Get Unstuck When It Matters Most*, Alter's work combines scientific research with interviews and anecdotes. It addresses ways to circumvent negativity that can cause indecision and inaction in people or organizations.

Alter counsels that being "stuck" is a circumstance, not an obstacle, on the path to progress. His solution to become "unstuck" begins with a "friction audit" of adverse emotions, thought patterns and behaviors.

*Anatomy of a Breakthrough* and the *New York Times* best-selling author's previous books, [Irresistible](#) and [Drunk Tank Pink](#), are available at the Ocean County Library.

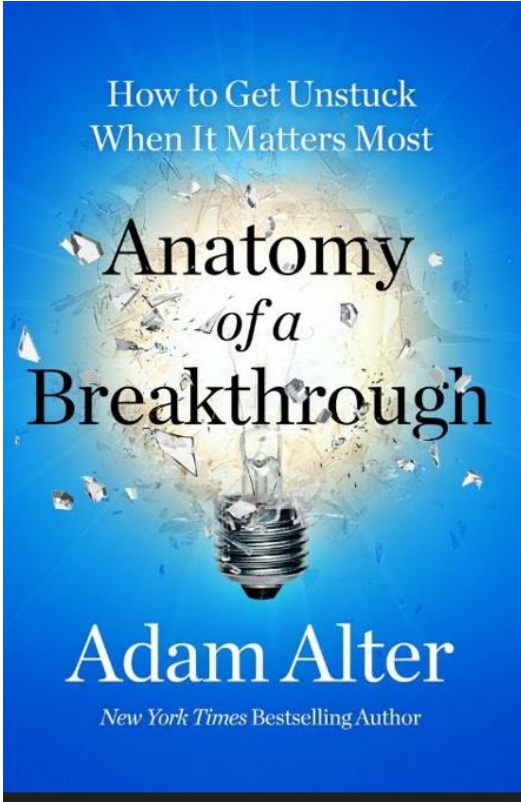
Please register at <https://libraryc.org/theoceancountylibrary> to attend this free program, to view the upcoming schedule, and to view previous talks. Registrants will receive links to the program by email and may submit questions for the author when signing up.

Keep up with Library programs and events at [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org), and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

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**Adam Alter**  
**Photo by John Fitzgerald**



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