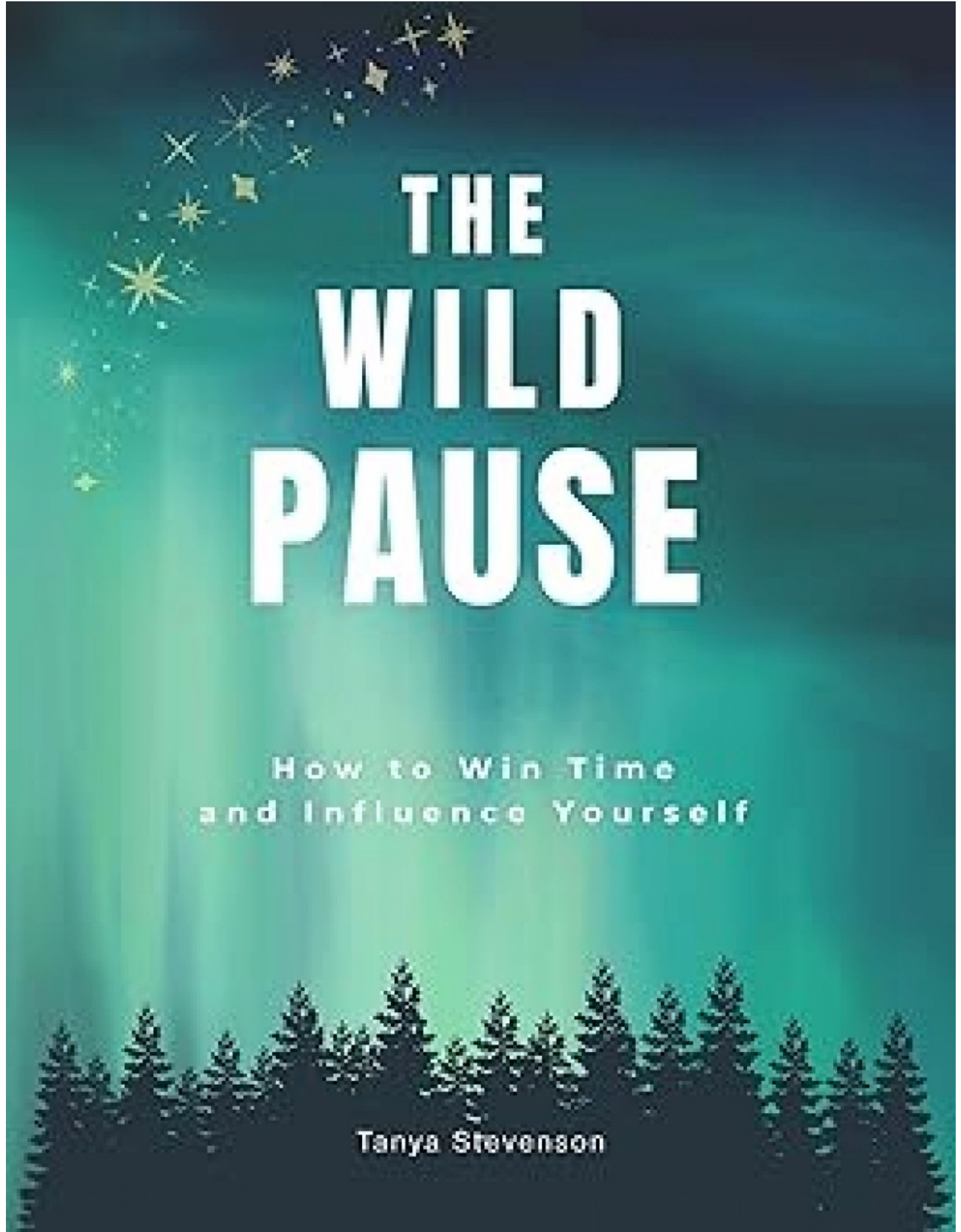


Stopping to Move Forward: Tanya Stevenson's "The Wild Pause" Redefines Success in a Culture Obsessed with Doing

Author Tanya Stevenson challenges the hustle mindset with a revolutionary guide to reclaiming time, presence, and purpose.



THE WILD PAUSE

How to Win Time
and Influence Yourself

Tanya Stevenson

Binghamton, New York Oct 24, 2025 ([IssueWire.com](https://www.issuewire.com)) - What if the key to achieving more was learning to stop?

In *The Wild Pause: How to Win Time and Influence Yourself*, author Tanya Stevenson turns the modern productivity playbook on its head, arguing that real progress begins not with acceleration but with intention.

Part memoir, part self-development guide, and part soulful workbook, *The Wild Pause* is an invitation to reclaim what Stevenson calls “the lost art of stopping.” In a world that glorifies busyness and constant connection, her message is both radical and refreshing: pressing pause can be the most powerful act of leadership and self-influence you’ll ever take.

Drawing from her own experiences stepping away from a high-pressure corporate career, Stevenson blends personal storytelling with guided reflections and mindfulness practices that help readers design their own “**wild pause**” whether that means taking a sabbatical, a weekend off-grid, or simply carving out moments of stillness between meetings.

“We’ve been taught to measure our worth by what we produce,” Stevenson writes. “But when you pause, you remember who’s behind the production you.”

At the heart of the book lies the **S.E.E.K Framework**, a model for rediscovering balance through Stillness, Exploration, Empathy, and Knowing. Each principle helps readers unlearn the guilt of rest and confront the myth of being indispensable. The result is a practical and poetic guide to living with presence, not pressure.

Unlike most business books that push for more strategy, speed, and scaling, *The Wild Pause* invites a quieter revolution. Stevenson challenges leaders, entrepreneurs, and anyone caught in the cycle of overwork to reimagine rest as a strategic advantage, a catalyst for creativity, clarity, and emotional resilience.

Beautifully written and deeply human, *The Wild Pause* doesn’t promise instant transformation. Instead, it offers something far rarer in the business world today: permission to breathe.

Whether you dream of taking months away or simply crave an hour of silence between back-to-back calls, Stevenson’s message is clear—you don’t have to escape your life to change it. You just have to stop long enough to see it.

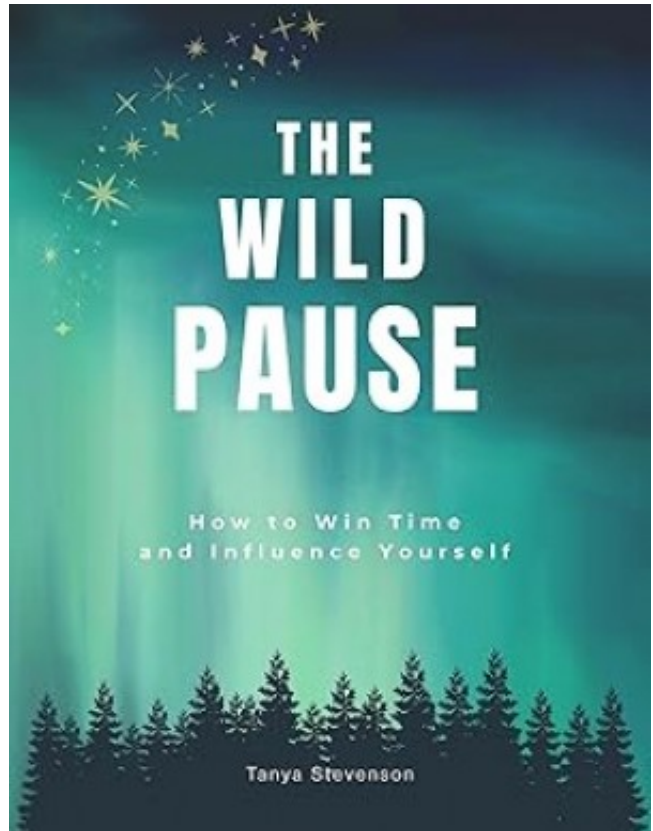
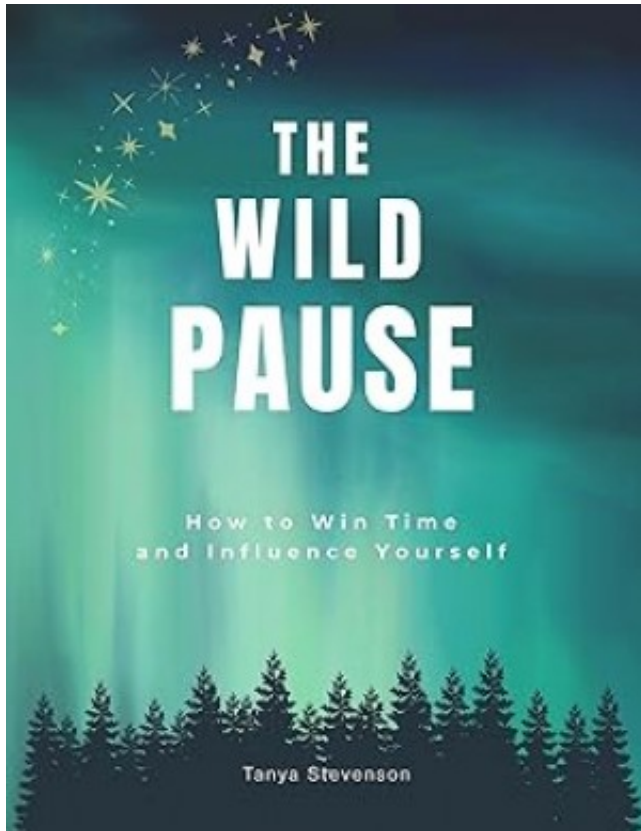
Book Details

Title: *The Wild Pause: How to Win Time and Influence Yourself*

Author: Tanya Stevenson

Available: Now on Amazon

Link: <https://www.amazon.com/Wild-Pause-Time-Influence-Yourself-ebook/dp/B0FTXSXVQH>



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