The title of this book caught my eye and after reading the summary I felt it was worth a read. Dr. Sills whole emphasis is on our ability to become trapped in our own comfortable routine. We all have our defined comfort zone and we each react differently when we push the boundaries of that zone, some of us challenge it on a regular basis where others of us don’t challenge it at all unless we are forced to. In the book Dr. Stills identified critical areas and then developed them in such a way as to keep the book interesting and informative. By using examples from actual individual case studies she puts into practice the explanation of the seven factors we must undergo to break through our comfort zone and transform into hopefully something new, better and different. Although many of the case studies revolved around marital or personal relationship issues it was possible to place the example scenarios into my own life to explore ways to change a particular situation.

We all become comfortable in our lives and that is not all bad, but often times we are not really getting anywhere – and we need to know when to let go or make changes in our life.

The book breaks the process into the following seven steps:

- Face what hurts
- Create a vision
- Make a decision
- Identify your pattern
- Let go
- Face your fear
- Take action

Dr. Stills discusses each of these areas as chapter titles and uses case studies to work the reader through all seven steps. She provides great detailed analysis of the issue, as the book progresses and the case studies evolve it is interesting to note the transitions that occur in peoples lives. Possibly even your own. Often the changes we are looking for are not large but will mean altering what we do, how we think or how we associate with others. Change is a very unsettling transition for most people. I found it interesting to learn about how people deal with the idea of change and how to move from our comfort zone into new and not so comfortable situations. As Extension educators one of our primary missions is to help people to adopt new and different ideas and possibly change their traditional practice or behavior. Without a true understanding of how people evaluate, accept and adopt the ideas of change and move out of their comfort zone it is almost impossible to successfully reach favorable outcomes in the adoption of new and better ways to do business.

Every day we have opportunities to push the boundaries of our comfort zone. Some opportunities are big, others are very minor. Whatever we choose to do will involve some loss, some pain, or some difficulty even if we choose to stay exactly where we are. We can only make the decision we are capable of today, because today is when we are confronted with this challenge.

I found this book to be informative and thought provoking. It required me to take a self examination of what things in my life am I just methodically doing because they are comfortable. How can I challenge my tradition way of doing what I always do and be more effective as an Extension educator, an administrator, and as a coworker. How can I become a better parent, husband and friend? We all have areas in our lives that we can challenge ourselves and become a little uncomfortable for a while but soon we find that the challenge becomes easier and normal. We just expanded our comfort zone. The Comfort Trap is a book I would recommend for anyone that feels they could use a little guidance in getting out of a rut and exploring new challenges.
The Comfort Trap or, What if You're Riding a Dead Horse? Bestselling author Judith Sills shows how to escape our seductive "comfort zones" and move on in seven life-changing steps. Does this sound familiar? You’ve been in the same job for fifteen years, you’re on your sixth administration (but, hey, who’s counting?), and it looks like it’s going to take a stick of dynamite to get you to jump ship. You know what missing from your marriage is you, but you can’t bear to rock that comfortable old boat. You’re stuck. You plan to quit smoking but hey, not until after the playoffs. And