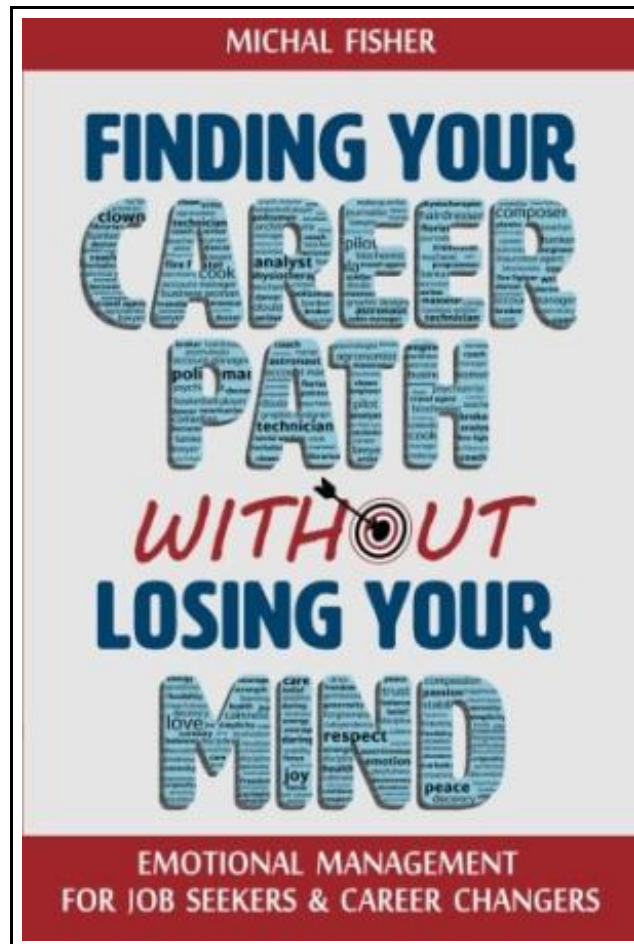# Finding Your Career Path Without Losing Your Mind: Emotional Management for Job Seekers and Career Changers

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Reviews

A very amazing book with perfect and lucid answers. it absolutely was writtern quite flawlessly and useful. I am just easily will get a satisfaction of reading a created publication.
(Pearl Turcotte)

FINDING YOUR CAREER PATH WITHOUT LOSING YOUR MIND: EMOTIONAL MANAGEMENT FOR JOB SEEKERS AND CAREER CHANGERS

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ******.**First place non-fiction winner- Kindle Book Promos Book Contest 2014 for Outstanding Achievement in Non-Fiction** This book is for all those who feel dissatisfied in their professional life. Are you a student on the brink of making significant career choices? An experienced professional longing for change? Are you starting your own business? If you are experiencing frustration in your professional life -- facing fear, anxiety, criticism, rejection or self-doubt - this guide is for you. The book Finding Your Career Path without Losing Your Mind is designed to help the reader, step by step, to overcome the effects of negative emotions on his or her career development. Peppered by surprisingly apropos observations on human nature by figures as diverse as the Buddha to Jerry Seinfeld, Michal Fisher presents a finely woven tapestry of her personal experience, full-circle case studies, self-help advice, guided imagery, art therapy, psychology theory and spiritual insights. Reading this book and opening yourself up to its ideas will help you manage your emotions through the turmoil of career change and navigate your way safely and joyfully to your career destination. Job seekers, career changers, occupational psychologists and career coaches will find a wealth of information and value in this highly engaging and inspiring book. Michal Fisher, M.A., is a successful group facilitator and a life coach for career development and personal growth. //.

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