

## Losing Your Job Finding Yourself Memoir Myths And Methods For Inventive Career Transitions

DISCOVER THE CAREER THAT IS RIGHT FOR YOU The quest for the work and a career that's right for you—that's fulfilling and that you enjoy—is a process of discovery. It involves learning about yourself and finding out about the wide range of work and careers available. And it involves finding out how best to access the work or career you're interested in. TAKE CONTROL AND DO WORK YOU LOVE!

Whether you have no idea what work or career you want to do or there's too many options and you can't decide, Career Finder will help you discover what's right for you and how to go about achieving it. Understand how the world of work and careers is changing Overcome limiting beliefs, identify your strengths, skills and values and build your confidence Identify—from the wide range of career options—the best possibilities for you (not what other people think you should do!) Discover the opportunities that will lead to the work and career you're interested in Whatever's happening in the world and whether you've just started thinking about a career, want to go in a new direction, or have a complete change, Career Finder will guide and advise you. You'll be prepared to move toward a career that you enjoy and works in harmony with your life and who you are.

No matter what business you're in, at the end of the day, it's all about people. Workers are people, and so are managers. Every day, millions of people wake up, get dressed, and go to work. The fact that all of them do different jobs and have different levels of authority has been used for ages to divide us. The truth of the matter, however, is that we're all just trying to make a living and provide for the ones we love—and that's a powerful common bond. If you can grasp that one concept, you'll have the power to change your world for the better in ways that you never dreamed possible. When you reach people at this fundamental level—letting them know that you care about what's important to them and showing what's in it for them personally when they join forces with you—nothing is beyond your grasp. Unite the Tribes: Ending Turf Wars for Career and Business Success presents the “Ten Pillars of the Empire” for just this purpose. You don't have to become a great charismatic leader to make them work. Each pillar speaks to you as an individual employee and shows you how to improve both your career and the company's bottom line in a practical and organized manner. These principles and tactics are designed for the real world, where things inevitably do not always go right. The pillars are at once practical, sensible, and applicable in the hectic realities of the workplace because they focus on people, which you'll come to see as the most unstoppable force in a company's dynamic. The workforce doesn't have to settle for less any longer. Working together, we have the power to build a better tomorrow. Unite, and be invincible! In Crunch Time, Aliya Hamid Rao gets up close and personal with college-educated, unemployed men, women, and spouses to explain how comparable men and women have starkly different experiences of unemployment. Traditionally gendered understandings of work—that it's a requirement for men and optional for women—loom large in this process, even for marriages that had been not organized in gender-traditional ways. These beliefs serve to make men's unemployment an urgent problem, while women's unemployment—cocooned within a narrative of staying at home—is almost a non-issue. Crunch Time reveals the minutiae of how gendered norms and behaviors are actively maintained by spouses at a time when they could be dismantled, and how gender is central to the ways couples react to and make sense of unemployment.

In this haunting work of journalistic investigation, Haruki Murakami tells the story of the horrific terrorist attack on Japanese soil that shook the entire world. On a clear spring day in 1995, five members of a religious cult unleashed poison gas on the Tokyo subway system. In attempt to discover why, Haruki Murakami talks to the people who lived through the catastrophe, and in so doing lays bare the Japanese psyche. As he discerns the fundamental issues that led to the attack, Murakami paints a clear vision of an event that could occur anytime, anywhere.

This helpful guidebook for prospective journalists provides the skills needed to be a successful magazine or newspaper feature writer. The Essential Feature is a writing guide, a file of examples, and a style manual all in one book. The author concentrates on those aspects of nonfiction writing that editors find wanting in beginning journalists: research, accuracy, and the skills needed to tell a story, not just report news. This book tells novice writers what editors want them to know. The Essential Feature explains how to apply research and literary techniques to journalistic writing; provides eight examples of successful prize-winning published articles; combines approaches to writing with practical advice on working as a staff or freelance writer; and supplies publishing tips to give the beginning writer a better understanding of the market.

When Mara Gregory receives a letter from the father whom she believed to have died when she was a child, her world is turned upside down. Aaron Buchanan only discovered that he had a daughter a couple of years ago and now he's desperate to play a part in her life. In the face of her mother's opposition, Mara arranges to meet her father and his family. In a breath-taking corner of the world, amid a waterfront community on Australia's west coast, will Mara find him the disappointment that her mother promises? And when Australia brings another man into her life, she's faced with some huge decisions and some heartrending choices.

The brand new self-help book that is the ultimate in being pro-human - the ultimate in humanism(!) - with the new subject-theme of "Be good, be neutral ... but don't be bad". With brand new “How To Be ... ” subject-lessons: Supreme Super Power: The Secret Ultimate Power [ The Most Powerful New Human Subject-Lessons For Greatness, Fame, Fortune, And Power ] ( Created By And Given By John Rosario / Rex Supreme ) [p. 374] Super-Human: How To Become A Super Human(-Being) [ Become The Super-Human Version Of Yourself ] [p. 538] Human-God: How To Become Your Own God (A Self-God) [p. 558] Human-God: How To Be A Human-God (A Demi-God) [p. 566] Billionaire: How To Become A Billionaire (Become Billionaire-Rich, Famous & Powerful) [p. 586] THAT'S RIGHT! LEARN HOW TO BECOME A BILLIONAIRE! It's humankind reformed, perfected and made superior (to its previous, regular self)!

Do you pull out your phone at every idle moment? Do hours slip away as you mindlessly scroll? Has your smartphone added a level of detachment between you and the outside world? Sadly technology which should be a wonderful boon to us has started to blight our lives. The average adult spends nearly ten hours a day looking at digital screens, leading to unprecedented levels of stress, isolation, procrastination and inertia. The fact is that digital dependence is an addiction and should be treated as such. Allen Carr's Easyway is a breath of fresh air when it comes to addiction treatment. Tried and tested as an incredibly successful stop-smoking method, its principles have since been applied to other addictions such as alcohol, gambling and caffeine with outstanding results. Here, for the first time, the Easyway method has been used to overcome digital addiction, and it really works! Smart Phone Dumb Phone rewires our relationship to technology. By unravelling the brainwashing process behind our addictive behaviour, we are freed from dependence and can reassert control over our time and productivity. Including 20 practical steps to help you along your way, this wonderful guide will release you from the clutches of your smartphone and allow you to live in the moment. It truly is the easyway.

WHAT?THE JOB BOOK will help you to reveal your true attributes, resulting in an abundance of career choices. This will prove to be an exciting and fulfilling ride! VALUETHE JOB BOOK is for readers who value an utterly new and highly personalized, purpose driven career-finding approach. By the end of this career finding adventure, you will appreciate the discovery that your skills are welcomed by an abundance of job choices. RESULTTHE JOB BOOK will change your opinion and the minds of millions of readers who think jobs are scarce into a mindset that jobs are abundant. The reader will also learn to find meaningful job opportunities that fit, and how to best get there. After reading THE JOB BOOK, you will have better judgment of truth and lies concerning your native attributes and will know how to use

today's best results arena. THE JOB BOOK is an utterly new look at career finding. The journey is entertaining! WHO?THE JOB BOOK is for Students, Job Seekers, Career Professionals, Counselors, Libraries, Job Sources, Teachers, Employers and especially those wanting a job that will fit well.

A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

Losing Your Job and Finding YourselfMemoir, Myths, and Methods for Inventive Career Transitions

Competition is fierce. Employers and recruiters are becoming more skilful and discerning. Finding the job you want today requires more than a brilliant CV and the ability to answer tough interview questions. Job hunting has become a sophisticated game, and to play it well you must have the right set of tools and skills that can really make a difference. This book, based on a successful seminar taught at Cranfield University to high-flying business and MBA students, provides tools, tips, skills and secrets to turn you from an amateur to a professional player in today's job hunting market. You will become more confident, maximise your achievements, increase your opportunities and sell yourself more effectively by undertaking this proven framework

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The world of borrowing and debt management has changed dramatically, leaving people confused about how best to secure their financial future. This book is the only guide with detailed advice to help you become debt free or master the debt you have, based on the latest laws and new government programs and policies implemented under the Obama administration. Is the information and advice on debt management different than in years past? Definitely. In this savvy, engaging guide, bestselling financial expert Jordan Goodman will tell you how to Win the mortgage game: avoid foreclosure, obtain the best refi, and modify your mortgage even if it is "under water" Clean up your credit report and dramatically boost your credit score Negotiate new terms and payments for burdensome medical bills, student loans, and credit cards Protect yourself from the devastation of identity theft Master the new credit card rules, and avoid the rate and fee traps Learn a revolutionary strategy that will help you become mortgage free in 5 to 7 years, change the way you pay all your bills, and save hundreds of thousands of dollars Master Your Debt recommends many pioneering strategies as it lays out an innovative plan for achieving the elusive goal of financial success. The book is filled with helpful web sites, toll free numbers, associations and government agencies, and vetted companies and services to help you implement this advice. In today's volatile economy, getting out of debt is the key to surviving and thriving, and author Jordan Goodman provides you with the strategies and tools to live debt free.

If you are not waking up every day in love with your life, it is time to make a change. If you are not in love with the person you are with, if you are not in love with your job, if you are not in love with the station you inhabit, you must realize that you are staying out of fear. A fear of the unknown. You probably think these things are your safety net, but they are not. They are your leash. The leash that is holding you back from your happiness and truly experiencing life. It would be the words that my younger brother shared with me, "Great! You lost your job, now find your life," on the day I was terminated from my job that would inspire me to write this book. I wanted to keep a journal of my thoughts, experiences, and ideas every day until I was employed again. One day turned into a week, a week turned into a month, and a month would eventually turn into a year. It would be that year that would change my life forever. I was forced to face the reality of who I had become. I was able to manage to become a somewhat-successful person in life without becoming a complete person. Without truly knowing myself. My hope is that this book lands in your hands when you need it most. I think our priorities are all wrong. We are chasing wealth and material things, thinking those are what will give us a fulfilling existence. We are wrong, and it is time for each of us to find our life. Lloyd Hopkins

A self-help book to help the unemployed and their families cope more effectively during a time when they feel helpless.

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"At your fingertips are the counsel, wisdom, and advice of three of the most humble, credentialed, and experienced professionals in the field of career navigation. These three men have encouraged, coached, mentored, and networked with countless, well-qualified professionals who suddenly found themselves out of a job. Through *Survive and Thrive*, these men share their advice for those whose world has just been rocked – hard. This level of counsel in one book is an absolute treasure." —Ron Brumbarger, Founder and President of Apprentice University "Hinshaw, Faulconer, and Johnson have scored a big success with this book! It's a real and ready resource of what is important and useful in navigating the turbulent waters of the job search. They've managed to provide plenty of resources for personal assessment and practical progress while driving home the need to conduct your job search in a context of community. Their book will prove to be a great asset and effective tool in gaining your next employment adventure!" —Lou Stoops, Professional Consultant, Speaker, Trainer, and Life and Business Coach "The way you conduct a career search has changed radically. It is easy to find a job. It is much more competitive to find a career. With STAR stories and skills training, TNG offers an approach that helps you to stand out from the others. TNG has helped hundreds find their next career." —Bruce Flanagan, Career Coach and author of *It's Not About You, It's About Them*

Growing up, John Robinson never considered himself an inspiration to others. He was born a congenital amputee and stands three foot eight as an adult. Although he has no extension of his arms or legs, he has not been limited in his career or in his personal life. After graduating from Syracuse University's S.I. Newhouse School of Public Communications, he went on to work for NBC affiliates in upstate New York and today is the director of corporate support for WMHT, the public broadcasting television station in Albany. Robinson's success did not come easily. From learning how to dress himself after going away to college, to making new friends and feeling accepted, he struggled to come to terms with his disability and make a life on his own. Although his journey may not be considered "normal," he does not see this as an obstacle, but as an opportunity to succeed and to understand the meaning of responsibility. Robinson writes in an honest, personal voice, showing that a disability does not have to get in the way of an education, a career, a family, or one of his favorite hobbies, golf. *Get Off Your Knees* is a touching story and, as Robinson says, is for "anyone who feels they need inspiration, whether it be an individual with a mental or physical disability, parents of children with disabilities, or someone looking to overcome an obstacle in life."

No matter what type of coach you are, if you are concerned with the healthy psychological growth of your clients, this is a book you should read. It is not about coaching per se, it is about the framework of human development that coaches need to be familiar with in order to facilitate the full emergence of their client's potential: not just helping people become more proficient at what they do, but helping them participate in their own evolution, the evolution of their organizations, the evolution of our global society and the

evolution of our species. Part I explores the theory of human emergence, providing a detailed description of the seven stages of psychological development, the evolution of cultural world views, the evolving structure and operation of the human mind/brain and the six evolutionary stages in human decision-making.

Millions of us feel lost at sea when we lose our jobs or want to change careers. Explore the despair, recovery, discovery, and triumph that come with losing our jobs, changing careers, and finding work we love. Whether losing your job by layoff or by choice, this memoir and guide offers solace, insights, and actions for navigating an experience that can be traumatic, turbulent, and triumphant. Reading this story is like having a conversation with a trusted confidant and coach. How can you lose your job and find work you are meant to do? Network less. Job hunt online more. In this Job Loss Book, you will discover: - The author's own personal trip-ups and successes in her job loss journey - Real-life unemployment stories from those who have experienced this career setback - Tips for dealing with the variety of emotions to expect and how to constructively cope with them - Expert advice from professionals who've been on both sides of the table - How to turn this temporary setback into a silver lining for your career and your life - Four easy-to-follow action plans to guide you on a successful transition. When job loss and turbulence comes with feeling like there's nowhere to go, this honest and insightful memoir is a beacon for possibility, and a roadmap for how to get to that job that means so much. Purchase this book today!

Your Career, Your Money, Your Life: How to Set Yourself Free From Capitalism will inspire you to redirect your energies toward the pursuit and attainment of your dreams, passions, interests, and self-actualization. You will enjoy an easy-to-understand analysis of the capitalist system, and its impact on every decision you have made as a working consumer. The system has been developed to keep you working for the rest of your life. You, however, were created to be self-fulfilled and happy. This book will give you a clear, step-by-step process to follow that will bring you to the fruition of your purpose in life. Your goal is to enjoy a daily sense of happiness about your career, your money, and your life, including your relationships. As you take steps to fulfill your natural self, you will be fulfilled in every other area of your life. So take control today, and be who you are meant to be.

“When we learn to stop wasting our precious energy on what we can’t control, we can begin to discover the power of losing control.” At the age of eighteen, Joe Caruso was diagnosed with testicular cancer. Certain that he was living on borrowed time, he embarked on a quest to understand the meaning of life, which led to the discovery of timeless truths about our spiritual and emotional lives. In *The Power of Losing Control*, he shares the insights that helped him not only to survive, but also to become an internationally acclaimed speaker whose seminars have literally transformed people’s lives. Caruso takes readers step-by-step through amazing techniques and strategies that show us how to stop wasting valuable time and energy, trust in something greater than ourselves, and embrace simple truths including: - The five stages of wisdom - Choosing faith over fear - How to find power in any situation, even if you don’t have control over it - Being undeniable: How to create your own destiny - Personal driving myths: We are the stories we tell ourselves Filled with anecdotes and poignant real-life stories, *The Power of Losing Control* tells you how to reclaim personal power and gain worldly success—from one of the premier corporate teachers of our generation.

Offers information and advice on how to survive and thrive in the workplace, including interview dos and don'ts and tips on communicating with coworkers.

Tells how to deal with the emotional and financial aspects of being laid off, offers advice on looking for a new job, and explains how to identify career goals and key skills

A baby is found by a tramp, a bag lady, abandoned near to the banks of the Nile River and taken to a small clinic. What appears to be a very large and valuable gem stone is found in the Moses basket with the new-born infant. She is taken to the hospital. The Police arrive to investigate but the gem stone has vanished, stolen before it can be examined. The Media make it their lead story when it is discovered that the infant is diagnosed as a Mermaid Baby. Bruce Patterson, a rich and powerful man who has a passion for collecting valuable and rare artifacts wants the gem stone. He sends two of his employees to acquire the stone. A man dies suspiciously and the two are stranded on the island of Kalos in a mysterious fog which comes suddenly and covers a large area of the Mediterranean Sea. A Police Inspector and a Medical Examiner are held captive and a charter airline pilot kidnapped in their pursuit of the gem stone. A ship, called *The Trojan Queen*, disappears in the fog with two members of a cult called *The Temple of Atlantis* aboard and they claim they can heal the baby with the stone. Amidst the mayhem, revenge is planned and vengeance emerges unexpectedly. But love too can also be unexpected as the story unfolds.

Mothers-to-be often receive plenty of advice on what to eat during pregnancy, what to buy for the baby, and how to successfully endure labor, but rarely receive words of wisdom on how to keep a job after the baby is born. In *Babygate*, three legal experts share practical tips, real-life stories, and essential legal information in order to help women learn about the protections they have as expecting and new mothers and, if necessary, ways to address discrimination with their employers. Dina Bakst, Phoebe Taubman, and Elizabeth Gedmark, who all work tirelessly to advance legal rights for pregnant women and to empower working families, provide a comprehensive guide covering everything from pregnancy to nursing to parenthood and flextime that can help women know what to expect after baby is born and prepare to meet challenges at work. By clearly presenting their interpretation of the law and various employment policies, Bakst, Taubman, and Gedmark provide valuable information that allows women to advocate for themselves, effectively integrate pregnancy and parenthood into work life, and ensure fair treatment after returning from maternity leave. *Babygate* is an inspirational and instructive guide that helps expecting and new parents to protect their jobs and paychecks while welcoming their little bundles of joy.

This comprehensive text provides your students with the invaluable information they need to help them enter and succeed in the field of criminal justice from finding an internship

to identifying the right criminal justice profession for them. Written by seasoned professionals, CAREERS IN CRIMINAL JUSTICE AND RELATED FIELDS: FROM INTERNSHIP TO PROMOTION, 6E, guides students in developing job-search strategies: offering key information on internship requirements, professional conduct, resumes, interviews, and locating jobs. The text is also a highly effective resource to those already in the field who are interested in professional development, job change and promotional advancement. The new edition features expanded coverage of key topics such as disqualifiers for positions, new emergency-management jobs, internship opportunities, cover letter preparation, career decision-making tools, and interviewing. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

You might know how to properly bill patients, draw blood, or code in a professional work environment, but are you prepared to find and keep your next job? Using an easy-to-read, easy-to-follow format, Job Readiness for Health Professionals: Soft Skills Strategies for Success gives you an advantage in the job market by guiding you through what you need to know to master the essential soft skills — such as professional habits, attitudes, and personality traits — needed for every entry-level healthcare job. If you want long-term success as a working professional, then this book is for you! Critical thinking exercises woven throughout skills include multidisciplinary scenarios from the field. What If? boxes feature short scenarios for the you to think about how you would handle a situation in the workplace. Case studies use fictional vignettes to illustrate the issues involved with the specific skills. Down a Dark Road vignettes illustrate what can go terribly wrong when a skill is ignored or not mastered. Behavioral objectives provided for mastering each skill. Worktext format with journaling activities give you opportunities for self reflection on your skills progress. Experiential Exercises are actions or experiments that you can perform on your own to gain a deeper appreciation for the skill. Cross Currents with Other Skills cross references related skills, pointing out the synergies and connections between them. READ GOOD SUGAR BAD SUGAR AND BE THE WEIGHT YOU WANT TO BE FOR THE REST OF YOUR LIFE. Good Sugar Bad Sugar tackles the biggest dietary threat to the modern world: The addiction to refined sugar and processed carbohydrates, which is causing epidemics in obesity and Type 2 diabetes on a global scale. Sugar and carb consumption is an addiction that begins at birth, but once you free yourself with Easyway, you'll enjoy better health, higher levels of energy, dramatically improved body shape, and a happier, healthier lifestyle. Allen Carr has helped millions worldwide and he can do the same for you. His books have sold over 15 million copies worldwide, and read by an estimated 40 million people, while countless more have been helped through his network of clinics. Allen Carr's Easyway has spread all over the world for one reason alone: BECAUSE IT WORKS. • A UNIQUE METHOD THAT DOES NOT REQUIRE WILLPOWER • REMOVES ADDICTION TO REFINED SUGAR AND PROCESSED CARBOHYDRATES • STOP EASILY, IMMEDIATELY AND PAINLESSLY • REGAIN CONTROL OF YOUR LIFE What people say about Allen Carr's Easyway method: "The Allen Carr program was nothing short of a miracle." Anjelica Huston "It was such a revelation that instantly I was freed from my addiction." Sir Anthony Hopkins "His skill is in removing the psychological dependence." The Sunday Times

Walt Johnson has been a rolling stone most of his life, moving from town to town and living on the edges of homelessness. Now he has run out of time as lung cancer has left him only months to live. Walt then begins a quest to find the son with whom he lost contact decades earlier. Out of money, he lands a job at a small-town restaurant in an attempt to save enough to buy a bus ticket to the last known whereabouts of his son. The friends Walt makes at his new job soon become family for him, especially 14-year-old Danny who is emotionally paralyzed at the loss of his own father in Iraq. Faced with Danny's struggles to grow up and the struggles of his other new friends, Walt comes to realize he is not only on a journey to find his own son, but he is on a journey to find himself worthy of being a father.

Live the life you've always dreamed of! America's #1 personal coach offers an inspiring, practical seven-step program to help you create the life you want. Imagine finding time to do all the things you want to do. Having plenty of energy for family and friends. Having control over your income and finances. Taking care of your physical and emotional well-being. If you feel as though the life you're living doesn't reflect your true priorities and is leaving you stressed out and unfulfilled, you're not alone. Cheryl Richardson--the leader in the new field of personal coaching, what she calls "a personal trainer for the soul"--has helped thousands of people make changes toward living a high-quality life, and in Take Time for Your Life she offers her step-by-step program so you can too. If you're tired of living a life that feels out of control and are ready to live life on your own terms--while still meeting your responsibilities--get ready to take action! Packed with useful exercises, checklists, concrete advice, client success stories, personal anecdotes, and a wealth of resources, Cheryl Richardson's seven-step program shows you how to identify and eliminate the things in life that are draining you and replace them with the things that fuel you. She gives you permission to put yourself at the top of your list. By doing so, you will find not only more energy and more enthusiasm but also that your relationships, your finances, your work, and your sense of well-being are improved and better balanced. Whether you're a corporate executive working sixty hours a week, a single parent trying to raise a family, someone starting his or her own business, or going back to school, Take Time for Your Life shows you how to step back, regain control, and make conscious decisions about the future you'd like to create. Richardson's strategies for overcoming the obstacles that block you from living the life you want will help you discover a world in which your priority list reflects your true desires. Take time for your life--and begin living a life that you love.

After learning how to curb her spending habits, Lauren Greutman shares her hard-earned knowledge on how to get out of debt and live without the financial pressures that many people face today. Millions of Americans today are near financial disaster--spending more money than they are bringing in, and losing control of their money. Lauren Greutman knows how that feels. For years, she struggled with too many bills to pay and not enough money to pay them. When Lauren found herself drowning in debt, she finally faced her

extreme spending habits and took action. In THE RECOVERING SPENDER, Lauren shares her story and offers advice that is based on the many strategies she developed to change her own life and bring her family budget back to black. Lauren shows her readers, step-by-step, how to get rid of bad money habits, pay down debt, and stay within a budget. Some of the action chapters in the book are: Take an Inventory of Your Spending Declutter Your Finances Do an Expense Audit Curb Your Spending and Define Your Values Lauren exchanged the overrated, stressed-out American dream for a new one—a happier life filled with family, friends, and financial freedom—and now you can do the same!

It's not how you handle the good times that matters in life. The true test in life is how you handle tragedy, loss, and the challenge of what to do next. Whether you have lost your job or live with the fear of losing your job, this is the book for you. Job loss can be terrifying and paralyzing. But, there is hope. You can overcome a job loss by realizing you are not alone and applying the steps that other effective people have learned. Yes, if you think it, see it, and believe it you too will be successful again. Read the stories of others who have overcome job loss and follow a step-by-step approach to regaining your confidence, empowering yourself, and finding your next career opportunity. A great companion to Dr. Grossman's other books: What's Next Create Your Dream Job With a Plan B and Passion Finding What Energizes Your Career.

The author presents her personal notebooks in which she traces her path to enlightenment and offers information on the practice of witchcraft.

Whether losing a job by layoff or by choice, this memoir and guide offers solace, insights, and actions to navigate a transition that can be traumatic, turbulent, and triumphant.

Reading Nancy's story is like having a conversation with a trusted confidant and coach.

Strategies and tools to live debt free The world of borrowing and debt management has changed dramatically, leaving people confused about how best to secure their financial future. This book is the only guide with detailed advice to help you become debt free or master the debt you have, based on the latest laws and new government programs and policies implemented under the Obama administration. Is the information and advice on debt management different than in years past? Definitely. In this savvy, engaging guide, bestselling financial expert Jordan Goodman will tell you how to Win the mortgage game: avoid foreclosure, obtain the best refi, and modify your mortgage even if it is "under water" Clean up your credit report and dramatically boost your credit score Negotiate new terms and payments for burdensome medical bills, student loans, and credit cards Protect yourself from the devastation of identity theft Master the new credit card rules, and avoid the rate and fee traps Learn a revolutionary strategy that will help you become mortgage free in 5 to 7 years, change the way you pay all your bills, and save hundreds of thousands of dollars Master Your Debt recommends many pioneering strategies as it lays out an innovative plan for achieving the elusive goal of financial success. The book is filled with helpful web sites, toll free numbers, associations and government agencies, and vetted companies and services to help you implement this advice. In today's volatile economy, getting out of debt is the key to surviving and thriving, and author Jordan Goodman provides you with the strategies and tools to live debt free.

The Generalized Anxiety Disorder Workbook offers a powerful, comprehensive new approach to treating generalized anxiety disorder (GAD). If you have GAD, you may experience excessive and uncontrollable worry about daily life events, including your finances, family, health, future, and even minor concerns like traffic, work, or household issues. You aren't alone. GAD is one of the most commonly diagnosed mental health issues facing our society today. Unfortunately, this chronic condition can cause such excessive worrying that it can be difficult to live your life—and can even manifest in a number of physical symptoms, including sleep and concentration problems, fatigue, irritability, and feelings of restlessness. So, how can you take charge of your anxiety before it takes over your life? Based in cognitive behavioral therapy (CBT), this book provides real, proven-effective solutions. Written by three renowned anxiety experts, the book offers practical exercises and strategies to help soothe your worst worries, fears, and panic. The book focuses on what most often leads you to worry—the fear of uncertainty. In a nutshell, people with GAD worry as a way of mentally planning and preparing for any outcome that life throws their way. With this book, you'll learn to stop seeing uncertainty as threatening—which will in turn, reduce your anxiety and instill a sense of calm. If you're ready to stop letting your worries get the better of you, this easy-to-use workbook will help you—one step at a time.

BLACK ENTERPRISE is the ultimate source for wealth creation for African American professionals, entrepreneurs and corporate executives. Every month, BLACK ENTERPRISE delivers timely, useful information on careers, small business and personal finance.

An informative and inspirational handbook for job seekers in the downsized economy explains how to cope with the financial, emotional, and social impact of losing a job and takes readers step by step through his eight-part program in order to recover their balance and regain control of their careers and lives. Original.

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