

Size Doesnt Matter My Rugby Life

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The Rise and Fall of the World's Most Powerful Restaurant Critic and His Battle with Severe, Debilitating Depression

From the early 1980s to the mid-1990s, Bryan Miller was a household name among restaurant goers in the greater New York City area and beyond as the restaurant critic for the New York Times, as well as the author of numerous books, a public speaker, and a radio and television commentator. Over ten years as a columnist, he dined out more than five thousand times in the United States and abroad, from haute to humble. The Wine Spectator, in a front-page profile, declared Miller "the most powerful restaurant critic in America." And for much of that time, he wanted to die. Dining in the Dark chronicles Miller's battle with Bipolar II disorder, also known as depression, which ruined his life, professionally and personally. Depression was directly responsible for his surrendering the New York Times restaurant column and, shortly thereafter, leaving the paper altogether. Everything he had worked for so diligently, rising from cub reporter to big-city columnist in less than a decade, vanished. In the ensuing years, unable to work, he lost his home, his life savings, two wonderful wives, the chance to have a family, and numerous friends and colleagues. He became increasingly reclusive; like many victims of serious depression, he reached the point where he was afraid to answer the phone. Pile on a brain tumor, electroshock therapy, a near-fatal bout with Lyme disease, accidental drug overdoses (he was once carried out of the newsroom on a gurney), and you have a life in shambles. Dining in the Dark tells the story of Miller's battle, but it also brings hope by sharing his journey to coping with, and finally conquering, his depression. The coping mechanisms he employed in order to get through the day will be of benefit to those in need of a helping hand. Dining in the Dark is philosophical, inspirational, educational, and even humorous at times. And, of course, there are lots of inside-the-New York Times anecdotes, as well as lots of food, wine, travel, and celebrity.

Revised and updated paperback edition of the best-selling autobiography of the England, Lions and Leicester rugby star Neil Back, one of British rugby's greatest-ever forwards. In a book that 'hits as hard as one of his tackles' (Daily Mail), Back describes the years he spent ignored by coaches who felt he was too small for international rugby before moving on to the triumphs and disappointments of British Lions tours, Six Nations campaigns and life with the all-conquering Leicester Tigers. 'Shows a human side to a superhuman player' - Inside Sport

Wrecking Ball is a captivating and humorous memoir by Billy Vunipola, one of the stars of England's recent rugby renaissance, and will be enjoyed by those who have read the recent autobiographies by Jonny Wilkinson, Brian O'Driscoll, Dan Carter and Paul O'Connell. Standing at 6 feet 2 inches and weighing almost 20 stone, Billy is a

rampaging and unmissable presence on the rugby pitch, for both club and country. Wrecking Ball is his captivating story so far, chronicling his remarkable personal odyssey of 10,000 miles, from the tiny Tongan village of Longo Longo to the imposing vastness of Twickenham. Join Billy on his journey from the year-round sunshine of Tonga to the bitter cold of a British winter, from his favourite Pontypool kebab shop to finding himself eating broccoli for breakfast, and from carefree childhood games in the middle of the Pacific to the serious business of playing professional rugby in Europe. Wrecking Ball is a wonderfully eccentric and witty book, written with bags of charm. It captures Billy's colourful family and upbringing, and creates a rounded and fascinating portrait of a young man finding his feet as a modern English rugby player.

This enhanced edition contains match footage highlights from every tour from 1955 to 2009, additional photographs and text, as well as a statistical section and an abridged history of the Lions. This is the history of the British & Irish Lions... in their own words. For 125 years the British & Irish Lions have stood out as a symbol of the ethics, values and romance at the heart of rugby union. To represent the Lions is the pinnacle for every international player in Britain and Ireland, and the dream of tens of thousands of avid fans who follow them. A Lions tour, undertaken every four years to the southern hemisphere, is more than a series of rugby matches played out on foreign fields; it is an epic crusade where the chosen few face a succession of mental and physical challenges on their way to the Test arena, where they do battle with the superpowers of the world game. Behind the Lions sees four esteemed rugby writers from each of the Home Nations delve to the very heart of what it means to be a Lion, using diaries and letters from those who pioneered the concept, to interviews with a vast array of players who have followed in their footsteps. In so doing they have uncovered the passion, pride and honour experienced when taking up the unique challenge of a Lions tour. This is a tale of heart-break and ecstasy, humour and poignancy that is at once inspirational, moving and utterly compelling. And it is the only story worth hearing: the players' own.

Jonny Wilkinson's career has crossed three decades and four World Cups. He has accumulated phenomenal achievements, world points records, an impressive list of broken body parts, and a drop goal that will be remembered for ever. But the peculiar calmness with which he played the game masked a very different reality. In JONNY, he reveals the extraordinary psychology that he had to tame in order to be able to dominate his sport. For most of his life, he was driven by a quest for perfection and an obsession to be the best player in the world; here he shows how these two facets of his competitive mind took such a hold of him that they sent him to the top of the world, then swept him up and dragged him down into a spiral of despair. Jonny's career has spanned the far reaches: amazing highs and iconic moments, then a fight against injury that culminated in a battle with depression. Here he tells of the physical toll he knew his body was

taking from rugby, even from his youth; he tells of how he never wanted to be a kicking fly-half but learned to adapt his natural game to play the style that Clive Woodward believed necessary to win a World Cup, and how he nearly walked out on Martin Johnson's England team 13 years later.

Impossible Goals, Inevitable Successes Why are you struggling to grow your business when everyone else seems to be crushing their goals? If you needed to triple revenue within the next three years, would you know exactly how to do it? Doubling the size of your business, tripling it, even growing ten times larger isn't about magic. It's not about privileges, luck, or working harder. There's a template that the world's fastest growing companies follow to achieve and sustain much, much faster growth. From Impossible to Inevitable details the hypergrowth playbook of companies like the record-breaking Zenefits (which skyrocketed from \$1 million to \$100 million in two years), Salesforce.com (the fastest growing multibillion dollar software company), and EchoSign—aka Adobe Document Services—(which catapulted from \$0 to \$144 million in seven years). Whether you have a \$1 billion or a \$100,000 business, you can use the same insights as these notable companies to learn what it really takes to break your own revenue records. For instance, one of the authors shows how he grew his income from \$67,000 to \$720,000 in four years while maintaining a 20-30 hour work week and welcoming a new child—nine times. This book shows you how to surpass plateaus and get off of the up-and-down revenue rollercoaster by answering three questions about growing revenue to tens times its size: Why aren't you growing faster? What does it take to get to hypergrowth? How do you sustain growth? This powerful, effective book provides a template for you to kick off your biggest growth spurt yet. This template includes The 7 Ingredients Of Hypergrowth: You're not ready to grow until you Nail a Niche. Overnight success is a fairy tale. You're not going to be magically discovered. You need sustainable systems that Create Predictable Pipeline. Growth exposes your weaknesses and it will cause more problems than it solves—until you Make Sales Scalable. It's hard to build a big business out of small deals. Figure out how to Double Your Dealsize. It'll take years longer than you want, but don't quit too soon. Make sure you can Do the Time. Your people are renting, not owning their jobs. Develop a culture of initiative, not adequacy by Embracing Employee Ownership. Employees, you are too accepting of "reality" and too eager to quit. You can Define Your Destiny to make a difference, for yourself and your company, no matter what you do or where you work. The authors take each ingredient and break it down into specific steps to guide you through implementation. From Impossible to Inevitable helps you take impossible goals and turn them into inevitable successes for your business and team. You will achieve success even bigger than you can imagine from where you're sitting today.

'It was never my dream to become a Springbok rugby player. I wanted to become a designer of Formula 1 racing cars.' In Just a Moment, Schalk Burger Snr, one of the greats of South African rugby, shares the many layers of his colourful and eventful life. Rugby legend and

businessman, wine farmer, cultural custodian, musician, father and grandfather, Schalk Burger takes us on an intensely personal and honest journey through the triumphs and hardships that have shaped the life of this much-loved South African. Burger is a storyteller extraordinaire and will have you snorting into your beer as you read about run-ins with officialdom, fisticuffs on the field, how he became the first white Springbok selected from a coloured team, and the day Cheeky Watson asked to wash his feet. This is a glimpse into the life and times of one of the country's most recognised figures, told through the stories of the many lives that have intersected with his. 'Who am I, and how do I live? That is something this story will bring out of me.'

"Not Your Shoe Size was exactly what I needed: sexy, fast-paced, and sweet!" Read More Sleep Less Blog After years of protecting herself with faux-girliness, Kate 'Middleton' McGrath finally feels like a grown-up. And she wants her Daddy to start treating her like one (bedroom excluded of course...). "Eve Dangerfield has the remarkable ability to take something that I find unsettling and a little weird, and make it captivating." Stacey is Sassy, Romance Blogger Tyler Henderson is happy with his relationship the way it is. And if things have to change, why can't Kate just marry him? But when a man from Kate's past comes back into her life Ty will quickly learn love is a dangerous game, no matter what your age. "This was the perfect icing on the cake for this couple... It takes you into the true heart of Ty and Kate and I loved every second that I got to spend there." Dirty Girl Romance Not Your Shoe Size is the follow-up novella to Act Your Age, by critically acclaimed author Eve Dangerfield.

If you want to Build Muscle, Lose Fat and look like a Rugby Player without steroids, good genetics, or throwing precious time and hard-earned money down the drain at the gym...then read on. We've all seen the fantastic physiques on show at the Rugby World Cup, Rugby League and Rugby Union - huge thighs, the big chest, wide back and bulging arms. But it's the aesthetics - the whole body looks tight, compact, powerful, and yet not overly bulky or ripped. That is the type of physique that gets attention and if you're interested in creating that physique than i can help. This is a full 2 week training and diet manual that you simply follow and repeat. It is varied enough for you to keep using forever and to manipulate if you see fit. The book contains: 26 Chapters jammed full of training regimes and dietary plans 12 full muscle bulging workouts to manipulate to continually experiment with that trains the entire body twice over the 2 weeks All 2 weeks of diet and nutrition including protein shakes Laid out simply for at-a-glance if you're on the go at the gym or training at home. --Firstly... I keep things simple - no B.S rubbish about doing LESS training and eating LESS and how there is some SECRET holding you back. How did the bodybuilders in the 60's and 70's look so great? Training frequency and nutrition. How and what - that's the only secret. But you've probably been doing some of the things right but not all - that's where this book can help you. I focus on 3 simple cornerstones... --Training Frequency Don't worry you don't need to follow months of weird training routines - mine is two weeks - and repeat. A hard and heavy week one - followed by a lighter week two, but we still hit hard. Muscles are shocked into growth in week one and recover in week two. I lay out all the routines 'at-a-glance' for quick checking on your phone or tablet while at the gym. --BodyFat Through the intensity of the workouts and the nutritional plan we are going to reduce your body fat. Why? Your Testosterone is utilized at it's best when you have a lower body fat percentage. --Nutrition Nutrition is considered the most important part of building muscle. If the nutrition is incorrect then it doesn't matter how impeccable your training routines are, you will not progress. I'm sure you have an idea about nutrition, but I'm here to give your knowledge a little boost. You've heard of high protein, carbohydrates and healthy fats? But what is the most effective foods to eat to get those essential nutrients. I include a days meal plan with every day of training. Finally... I also go into the tips for maximizing size including what supplements to use and when. I also go into tips for maximizing training intensity - Supersets and TUT. This is all about power and guts - it's time to create

that Rugby Player Body that you always wanted. Imagine you in a 3 months time and people complimenting you on how you look? Let's make a change and get started! No more wasted workouts - check out this 26 chapter rugby player workout training guide and get building size!

After you've mastered the basics of hooking and designing rugs, kick your art up a notch with your own artistic vision and personal touches. The creative approaches and techniques in this book will help you make every piece extra special and uniquely yours! • Hooking realistic portrait rugs • Awareness rugs—create art with a message • Special borders and embellishments • Steampunk designs

Average Joe's Story tells Average Joe's journey in real time starting from the lowest point, and gradually building success or failure over time. Average Joe's Story introduces Average Joe to the audience, lays out the events that shaped his psyche, and provides insight from a collection of successful and interesting people who illustrate the framework for confidence. Average Joe's Story is appealing to the reader because it approaches some of the same old material from an entirely different perspective relying purely on stories as opposed to dry facts and figures.

Presents an introduction to rugby, covering such topics as the basic rules of the game, scrummaging, lineouts, passing, coaching, refereeing, and the World Cup.

The Secret is an international phenomenon that has inspired millions of people to live extraordinary lives. The Secret to Teen Power makes that knowledge accessible and relevant to today's teens. It explains the law of attraction in relation to teen issues such as friends and popularity, schoolwork, self-image, and relationships. It explains how teens can transform their own lives and live their dreams.

The remarkable life story of Wales and Lions rugby star Terry Davies, encompassing his childhood in Bynea, Llanelli, learning rugby in Stradey School, making his debut as a schoolboy for Swansea, entering the Royal Marines and winning his first cap before going on to become a household name.

Public relations and the media are in a time of major change. The rise of social media, altered media platforms, evolving legislative environments and new models of communication have altered not only the working environments of public relations and the news and entertainment media, but also many aspects of how these industries work together. Media Relations provides a practical and thorough introduction to media work in this changing environment. Based on a solid understanding of media culture and theory, Jane Johnston shows how to steer a path between the technical and human elements of media relations. She drills down into the different types of media, analysing their applications, strengths and weaknesses, and shows how to target your message to the right media outlets, whether national television, community radio, celebrity magazines or influential blogs. This second edition has been revised throughout and includes new case studies, and new chapters on digital and social media, media campaigns, and legal and ethical considerations. 'Media Relations: Issues and Strategies is written in an engaging, easy to understand style. It provides excellent examples and cases of media relations.' - Global Media Journal

DAILY MAIL BOOK OF THE WEEK Men must be the worst oppressors in history - we pay the most taxes, get the least support and play longer matches at Wimbledon for no extra money. We're also more likely to be homeless, circumcised, attacked, jailed, drafted, under-educated, short-changed in parenthood and shafted by divorce. Oh, and to top it all, we die sooner. Despite this,

feminists still assert we live in a patriarchy and give us a hard time. Fortunately, Peter Lloyd is here to offer a reality check in this long-overdue lad bible. Part polemic, part toolkit for the modern man, *Stand By Your Manhood* answers all the burning questions facing the brotherhood today, including: Should we fund the first date? Is penis size a political issue? Are we sexist if we enjoy pornography? Why isn't there a men's minister? Politically incorrect, fearless and laugh-out-loud funny, this is the deliciously provocative book that gives blokes their balls back.

The high-octane thriller hailed by David Baldacci as "chilling and suspenseful" and by Nelson DeMille as "one of the best novels to come out of the chaos in Iraq." Billions of dollars are missing from Iraqi banks, and journalist Luca Terracini will risk everything to discover where it is. His Iraqi-American background has made it easier for him to infiltrate the darkest corners of the war, but death of his beloved Nicola in a suicide bombing has made him reckless. In pursuit of the money, he meets UN representative Daniela Garner, who seems to know more about the heist than anyone. As Luca gets closer, his actions begin to reverberate around the world. As usual, it's all about the money: who has it, who's lost it, and who's ultimately going to pay, as clandestine agents emerge from the shadows and powerful nations seek to control information and bury secrets, no matter the cost.

Fresh from finishing university in England, Adam Woods arrives in Venice to begin a new chapter in his life. He soon secures employment as the personal assistant of Gordon Crace -- a famous expatriate novelist who makes his home in a dank and crumbling palazzo, surrounded by fabulous works of art, piles of unanswered correspondence and the memories of his former literary glory. Before long Adam becomes indispensable to the feeble Crace, and he finds himself at once drawn to and repelled by his elderly employer's brilliant mind and eccentric habits. As Adam comes to learn more about the scandal that brought Crace to Venice years ago, he realizes he has stumbled upon the raw material that could launch his own literary career and makes a bold decision: He will secretly write the famous author's biography. But outsmarting Crace is easier said than done, and the two soon find themselves locked in a bitter contest over the right to determine how the story of Crace's life will end. Against the haunting backdrop of the serene city, the two men engage in a ruthless game of cat and mouse that builds to a breathtaking and unexpected conclusion.

14 years since his autobiography, *Size Doesn't Matter*, English rugby's most decorated flanker, Neil Back, returns with a tale of triumphs, heartaches, and broken promises. From his anti-hero role as "The Hand of Back" in Leicester Tigers' European Cup triumph over Munster, to Grand Slam glory and the 2003 World Cup with England, Neil is never far from the story. *The Death of Rugby* dissects the Lions' disastrous 2005 tour of New Zealand, the ousting of his mentor Dean Richards from Leicester Tigers, and Neil's three years in charge of Leeds, before being recruited by The Rugby Football Club, and why Neil and his colleagues had to walk away, despite an unbeaten season, and league, and cup double. Neil deals with the adjustment from professional sportsman into family and regular working life, despite a critical illness in 2013, which has shaped his perspective on life.

Football is the greatest game in the world. Place can not be found in the world where it is not played. As Eusebio wisely said: "Anyone can play whether you are poor or rich. All you need is space and a ball". Football players and coaches are known from

colorful language. Most of the quotes in this book are hilarious. Like Zlatan: "Now I'm here, I think the people in Paris will have something else to see besides the Mona Lisa" Many of the quotes are very inspiring as well. Messi gives us a good example: "Talent and elegance mean nothing without rigor and precision" Let ?s enjoy players and coaches brightest moments.

Nayland is a small village on the Essex/Suffolk borders of England where Eric Barton was born and lived for many years. He describes life in the community, from 1920s to 1970s. A valuable social history, with several interesting photographs.

The formidable Iona, a.k.a. La Belle Dame Sans Merci, determined to instil some culture into her alcohol-appreciating and apparently sex-starved husband, accompanies him on a tour of the architectural and artistic highlights of Italy, like the Grand Tourists of yesteryear. Unlike those tourists though, who often spent as much as two years, if not longer, on the journey, La Belle Dame Sans Merci has only one week in which to transform her husband as they explore the delights of Naples, Pompeii, Assisi, Florence, Siena and Rome. And if that were not challenge enough, he displays an amazing propensity for opening his mouth and putting his foot in it, not to mention getting himself into a number of extremely embarrassing situations...

"You'll be a dentist," says Dad. "Why?" I ask. "Because you'll be called doctor and you won't be called out at night." "I'm not sticking my hands down anyone's mouth. Yech!" DOV FEDLER was a laatlammetjie, born and bred in Johannesburg in 1940 just as Hitler was getting into his stride. A third child was not on his parents' 'want-list'. It was hard enough supporting two much older children and a printing business struggling to exist. When Dov was about three his mother had a 'nervous breakdown' which is when he remembers seeing his first pencil and knowing precisely what it was that he wanted to do with his life. There are no coincidences in Dov's life. He believes that a hand of destiny has steered his path. Many dramatic encounters (not with aliens or spirits, but with everyday people) have shaped him and he wouldn't have missed any of it. Dov's story is intensely personal and honest, with a powerful combination of humour, emotion and community history. OUT OF LINE attempts to do a few short things. It is an autobiography but it is also an attempt to capture a particular history of a specific generation; that of the Jewish baby boomers who descended from mainly Lithuanian stock. Dov has been a leading South African cartoonist for more than 45 years, and his earliest dream was to work for Walt Disney. He has always known his career was somewhere in drawing. He got to visit Disney World and could not wait to leave. He has never been to Europe or Brakpan and is a pure product of Johannesburg. The last on his wish list was to become a political cartoonist.

Created for all job hunters, this e-book bundle contains everything you need to get yourself that dream career! Answering Tough Interview Questions For Dummies helps you build towards show-stopping interviews by making your honest answers sound great and your best answers honest. With expert author advice you will learn how to avoid cliché answers, dismiss interview nerves and beat the psychometric test. CVs For Dummies shows you how to create a brilliant CV that will get you and the job you deserve. With dozens of useful sample CVs from a diverse range of industries and age groups, plus advice on structure, language and classic CV mistakes that could be holding them back, this book is the easiest way to a CV tune-up... and your dream job. Time Management For Dummies helps you become more efficient, effective and productive with your time and it is your one-stop guide

to taking control of your life. Packed with hundreds of time-saving ideas, techniques and strategies, you'll be able to: get on top of your workload, communicate effectively, make the most of your business meetings, organise your desk and files, prioritise and delegate well, and kick the procrastination habit.

Rugby Revealed is the definitive guide to rugby in terms of the roles and responsibilities of each individual position and how they combine to create a tactically astute rugby team. This engaging guide to rugby union will help coaches and players understand the modern game, giving practical advice to achieve maximum results with optimum technique. With its mix of contributions from leading names, practical coaching advice and player statistics, Rugby Revealed includes: · the roles and responsibilities of each position in 15-a-side rugby · correct technique for core skills · the mechanics of the set piece · the elements for a successful attack and defence Professional players such as Jamie Roberts, Aaron Smith, Johnny Sexton, George Ford, Cian Healy, Manu Tuilagi, Keven Mealamu and Marcos Ayerza, and leading coaches, including Stuart Lancaster, Mike Cron, Dr Dave Alred, Mike Ford, Brendan Venter and Sir John Kirwan, are some of the 101 top names who share their insights into the game. This highly accessible guide will help new, emerging and developing players and coaches reach their rugby potential.

"When hiding behind the scenes is no longer an option..." As an introverted party planner, Emma Toplin's superpower is to blend. Except on her birthday when she tries to flee the worst public humiliation of her life, but can't—because someone stole her Parte van. Struggling to shun the media spotlight, prank callers, and her sister, she's also got a delicious detective on her case who's a party-favour she doesn't need. Newly promoted detective, Ryan Lewis, always follow orders, and it's his job to trap the Parte van. Yet working with Emma blurs his lines of professionalism, stirring the battle between his heart and his badge. But when an uninvited guest threatens to wrench them apart, past secrets are revealed at a party that could be Emma's last... Unplanned Party is a fun fling, celebrating lives filled with flaws, cocktails, and gallons of glitter. It's the perfect blend of drama, romance, friendship, and love; where its characters (and pets) are flawed and funny, making them perfectly relatable to readers who enjoy their heartfelt romance combined in today's women's fiction. Here are what some of the readers say in their Five Star reviews from Goodreads and Bookbub: "A cast of hilarious characters will make you laugh out loud!" "A very entertaining and upbeat crime solving love story from down under." "This book was super good...it kept you wanting to read the book in one sitting." "Love these characters and their screwed up lives!" "A thoroughly enjoyable read with a bit of everything..." "A terrific read... the descriptions of the characters bring them to life and you have lots of laughs along with them." "This book was good...definitely full of quirky characters."

The long-awaited autobiography of Ireland's most beloved rugby player: Peter Stringer When Peter Stringer played youth rugby, he was so small that people told his parents he shouldn't be allowed on the pitch. Fortunately for Munster and for Ireland, they paid no attention. Over 200 provincial caps and 98 international caps later, Stringer is a legend. Since making his Munster debut in 1998, his lightning-quick passing, sniping breaks and brave defending have electrified fans - never more so than when he deceived the entire Biarritz team at a scrum to sneak in for the try that brought Munster its first Heineken Cup in 2006. In Ireland's

breakthrough season of 2009, his man-of-the-match performance at Murrayfield helped overturn a late deficit en route to the Six Nations Grand Slam. Now, for the first time, Peter Stringer tells his own story - a story of overcoming the odds, and a story every Irish rugby fan will want to read. 'What gives the publication its grit is the scrum-half's no-holds-barred descriptions of fallings-out with various coaches ... All revelatory stuff' Liam Heagney, Irish Daily Mail

Catherine Spencer was the captain of the England women's rugby team for three years. She scored eighteen tries for England, won six of the eight Six Nations competitions she took part in, and captained her team to three championship titles, a European cup, two Nations Cup tournament victories and the World Cup final held on home soil in 2010, which thrust women's rugby into the limelight. All of this while holding down a full time job, because the women's team, unlike the men's, did not get paid for their sport. Mud, Maul, Mascara is an effort to reconcile alleged opposites, to show the woman behind the international sporting success. Painfully honest about the mental struggles Catherine faced during, and after, her career as an elite athlete, it is also warm, funny and inspirational – a book for anyone who has ever had a dream, or self-doubt, or a yearning for a really good, mud-proof mascara.

If you get a big kick out of rugby but still feel you could sharpen up your knowledge of the game, this friendly guide is for you. Inside you'll find easy-to-understand advice on the basic rules and pitch positions, plus in-depth lessons on ball skills, fitness training, and techniques to outwit your opponents - all illustrated with entertaining stories from British and International rugby's back pages, and coverage of England's historic 2003 World Cup victory.

This book was written to help you to understand the way to happiness for two people in a permanent relationship. Book is very practical and simple to use.

Revamp a flagging CV and stand above your competitors Whether you're a tried-hand or a job newbie, winning your dream role is a difficult business if you don't have an impressive CV to back you up. This essential guide to planning and pitching a first-class CV gives you insider tips on what employers are looking for and how to get your CV noticed in a crowded market. Including sample CVs to give you inspiration, this book is the easiest way to a CV tune-up - and your next job. Know the marketplace - locate your dream job using the latest online and print directories and tailor your CV to each job role Make it powerful - populate your CV with winning content by identifying your core strengths and selling points Seize the opportunity - browse sample CVs for various industries and experience levels to find the right format for you Get it out there - find referees, circulate your CV and bag yourself an interview without being pushy Open the book and find: Ways to get ahead with social networking sites, blogs and podcasts Tricks to turn a weak CV into a savvy selling tool Key words and powerful phrases tailored to various industries CV and application form tips for graduates Advice on re-entering employment after time away How to write a punchy cover letter Sample CVs to help you get yours just right Learn to: Write and format a persuasive CV that will get you noticed Sell your best skills and highlight your achievements Bounce back from redundancy Use online recruitment methods

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