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Losing Your Job & Finding Yourself: Memoir, Myths, and Methods  
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Having a job is an essential part of a person's development, and finding yourself unemployed triggers a process of personal and social adjustment. According to a Swedish study, people see work as the basis for belonging. Losing a job affects their social lives and, because of financial changes, their spending habits.

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~~Losing Your Job, Finding Yourself - Africa.com~~

How to deal with losing your job Learn from it. No matter what the circumstances are, losing a job is always tough. But if you've been made redundant,... Take control. What comes after losing a job? Denial, stress, guilt, anger, sadness? Although you can't always control... Assess your finances. ...

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Losing your job, finding yourself and seeing the impact of being jobless Six ways to survive and thrive. Job loss is a challenge, but it's not an insurmountable one. In fact, "the struggle with... Deal with the grief. Even if your job search needs to begin immediately, allow yourself to experience ...

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Losing your job, finding yourself • Deal with the grief The University of Washington's Counseling Centre emphasises the importance of grieving: "It allows... • Take care Author and grief counsellor, Dr Alan D. Wolfelt, emphasises that anyone going through loss should, "Respect... • Be ...

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~~OPINION: Losing your job, finding yourself~~

Losing Your Job & Finding Yourself is a rare gift for professionals who want to figure out what's next in their careers. When job loss and turbulence come with feeling like there's nowhere to go, Nancy's honest and insightful memoir is a beacon for possibility, and a roadmap for how to get to that job that means so much.

~~Losing Your Job & Finding Yourself: Words Perfected~~

The stress of losing a job Whether you've been laid off, downsized, forced to take early retirement, or seen contract work dry up, losing your employment is one of life's most stressful experiences.

~~Job Loss and Unemployment Stress - HelpGuide.org~~

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~~Innovative Career Transitions~~  
If you lose your job part way through the tax year (which runs from April to April) you might be able to claim a tax refund from HM Revenue & Customs. It's worth checking to find out if you're eligible. Read our guide on Claiming a tax rebate after losing your job.

~~Out of work checklist—things to do if you lose your job ...~~

According to Dr. Paulette Gabriel, President of Key Leadership, "Losing Your Job & Finding Yourself is a rare gift for professionals who want to figure out what's next in their careers. When job loss and turbulence comes with feeling like there's nowhere to go, Nancy's honest and insightful memoir is a beacon for possibility, and a roadmap for how to get to that job that means so much."



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Having a job is an essential part of a person's development, and finding yourself unemployed triggers a process of personal and social adjustment. According to a Swedish study, people see work as the basis for belonging. Losing a job affects their social lives and because of financial changes, their spending habits.

~~Losing your job, finding yourself - Talent 360 Jobs~~

Treat finding a job as a job. If you feel the need, and can afford to do it, give yourself a break for a few days or week or two. But assuming you can't afford a year sailing the world on the Queen...

~~Bouncing Back from Job Loss: The 7 Habits of Highly ...~~

A cross the country, out of-favour MPs such as Vince Cable and Ed

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~~Ballants~~ have lost their seats in the 2015 general election. If you, like them, have suddenly found yourself out of work, there's only...

~~Five ways to deal with losing your job | Guardian Careers ...~~

When you lose your job, you must figure out how to provide for yourself and your family until you find a new one. Unemployment insurance can help you make ends meet for a little while, but you must meet certain criteria to qualify for it.

~~How to Cope With Losing Your Job and How to Move On~~

Losing Your Job, Finding Yourself A Discussion & Resource Sharing Session for Industry Professionals who are Furloughed or Out of Work Join your peers for an open and honest conversation about the struggles many of us are facing today, including: -Dealing

# Read Free Losing Your Job Finding Yourself Memoir Myths And Methods For with being furloughed or laid-off-Having to totally transform your current business models

## ~~Chapter Chat: Losing Your Job, Finding Yourself~~

See the difference between reality and illusion (reality is you lost your job, illusion is you'll never find another job.) Take a moment to go inside yourself, get silent and listen to your...

## ~~10 Things People Won't Tell You When You Lose Your Job~~

There's no question that losing your job can be a jolting experience, but what if that jolt could be a positive experience?

## ~~Lose your job, find yourself: Why redundancy might not be ...~~

The first step to finding yourself is to figure out who you are now

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by writing down how you got here. Your true self will be much different from who you were when you were lost. The way you feel when you find yourself will become a foundation that you can pull from to avoid feeling lost again.

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.

Millions of us feel lost at sea when we lose our jobs or want to change careers. Explore the despair, recovery, discovery, and

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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

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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!

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

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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.

An eloquent book that explores the impact on one's life of losing a parent as an adult, and the effect it has on families, careers, and friendships -- now in paperback. Losing a parent is an event that happens, sooner or later, to nearly everyone. Yet seldom has the impact of parental death on the identities of adult offspring been examined. This book fills that gap. Backed by her original study and filled with compelling case histories, Secunda's book explores what happens to men and women when they are on their own in

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ways they have never been before. She addresses myriad issues, including: What does it mean to be living without parents to please or rebel against? How does adult "orphanhood" alter relationships with one's siblings, partner, friends, children, or one's career choices? How does it reshape one's sense of self? *Losing Your Parents, Finding Your Self* offers the assurance that out of loss can come unforeseen gain -- that on the other side of sorrow, we can discover new hope, wisdom, and strength.

"Originally published in hardcover in the United States by Crown Business, New York, in 2017"--Title page verso.

\*\*First place non-fiction winner- Kindle Book Promos Book Contest 2014 for Outstanding Achievement in Non-Fiction\*\* This



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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. Peppared 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

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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. <https://www.facebook.com/FisherMichal>

Tackling relationships, career, and family issues, John Kim, LMFT, thinks of himself as a life-style designer, not a therapist. His radical new approach, that he sometimes calls “self-help in a shot glass” is easy, real, and to the point. He helps people make changes to their lives so that personal growth happens organically, just by living.

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Let's face it, therapy is a luxury. Few of us have the time or money to devote to going to an office every week. With anecdotes illustrating principles in action (in relatable and sometimes irreverent fashion) and stand-alone practices and exercises, Kim gives readers the tools and directions to focus on what's right with them instead of what's wrong. When John Kim was going through the end of a relationship, he began blogging as The Angry Therapist, documenting his personal journey post-divorce. Traditional therapists avoid transparency, but Kim preferred the language of "me too" as opposed to "you should." He blogged about his own shortcomings, revelations, views on relationships, and the world. He spoke a different therapeutic language — open, raw, and at times subversive — and people responded. The Angry Therapist blog, that inspired this book, has been featured in The Atlantic

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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 Murakmi 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.

Published to instant acclaim in 2005, our best selling How to Be a Graphic Designer without Losing Your Soul has become a trusted

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resource for graphic designers around the world, combining practical advice with philosophical guidance to help young professionals embark on their careers. This new, expanded edition brings this essential text up to date with new chapters on professional skills, the creative process, and global trends that include social responsibility, ethics, and the rise of digital culture. How to Be a Graphic Designer offers clear, concise guidance along with focused, no-nonsense strategies for setting up, running, and promoting a studio; finding work; and collaborating with clients. The book also includes inspiring new interviews with leading designers, including Jonathan Barnbrook, Sara De Bondt, Stephen Doyle, Ben Drury, Paul Sahre, Dmitri Siegel, Sophie Thomas, and Magnus Vol Mathiassen

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**STRAIGHT FROM HOLLYWOOD** comes a dynamic business model for building a thriving career without compromising your faith. DeVon Franklin, vice president of production for Columbia Pictures, shares how being bold about his Christian faith while being driven and ambitious has actually helped him to excel in a high-profile, fast-paced, competitive industry. You are the movie. Produced by Faith parallels each step of the Hollywood filmmaking process with the faith-making process God uses to turn your career into a success. You will discover that it is possible to be both wildly successful and completely committed to God—and that you will be even more successful when you place your faith at the center of your career. You can unleash the power of your faith as your greatest professional advantage and use the compass of God's Word to guide you to your true passion and purpose in life. In this

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informative, inspiring book, DeVon reveals the secrets to maintaining your faith while advancing in your career. Here he shows you:

- How to discover The Big Idea for your life
- How to take your career to the next level
- How to recognize the signs God sends you that indicate when it's time to move in a new direction
- How to stand firm on your Christian principles without compromise
- How to work with people who don't understand your beliefs
- How to choose a profession, industry, or company that is in tune with your purpose

DeVon says, "I know from my own experiences that if you will put your career in God's hands and trust him, you can't account for all the ways he will bless you. When you step out in faith, he will open doors and bring you opportunities that will surpass even your wildest expectations. . . . If I have learned anything, it's this: to get where you want to go, you first have to

# Read Free Losing Your Job Finding Yourself Memoir Myths And Methods For Inventive Career Transitions become the person God wants you to be.”

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