



what next?

the complete
guide to
taking control
of your
working life

DR. BARBARA MOSES

What Next The Complete Guide To Taking Control Of Your Working Life

Pat Foran



What Next The Complete Guide To Taking Control Of Your Working Life:

What the Heck Am I Going to Do with My Life? Margaret Feinberg, 2006-01-23 One of the top struggles listed by twentysomethings is the fight to find a purpose and a calling They find themselves studying a major or working in a job they do not really enjoy and soon self doubt surrounds bombarding them with questions such as What am I doing Shouldn't I have this figured out by now and Am I the only one who doesn't get it Written by acclaimed Twentysomething author Margaret Feinberg this book takes readers on a soul searching journey that gets to the heart of their passions talents abilities and life goals

Hip Girl's Handbook to the Working World Jennifer Musselman, Patty Fletcher, 2004-06 This mentor in book form guides the working gal through the unwritten indefinable and often perplexing world with information on how to launch navigate or transition careers

The Smart Canadian's Guide to Saving Money Pat Foran, 2010-03-18 Canada's top consumer advocate returns with more financial advice Canadian consumers are focused on spending and managing what money they do have wisely but have more questions than answers on most financial topics Television personality and consumer advocate Pat Foran shares tips and strategies about the questions and issues he sees most often and explains how some little things can soon add up to a lot of money Some of the topics covered include Credit and loyalty cards and what kind of deal they really are How much insurance is enough and what kinds do most people need How to shop for a vehicle and if it's worth it to import from the US Mortgages tax breaks and other complicated financial decisions Getting the most bang for your buck whether while shopping or travelling Packed with money saving advice this title will also include the latest information on marketplace trends the investment climate housing prices interest rates and other techniques for savings As an added bonus Pat has included quotes and comments from prominent Canadian businesspeople and celebrities about the best financial advice they've received in their lifetimes Pat Foran is seen by millions of Canadians each week as the Consumer Reporter for CFTO News and Consumer Expert on CTV's Canada AM His Consumer Alert segment is currently on CFTO's noon six o'clock and eleven thirty newscasts five days a week with an audience of 700 000 viewers and he appears on Canada AM Canada's number one national morning show every week dispensing financial and consumer advice

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voices of over one thousand women are focused on the issues surrounding career family love and sex friendship and society Through them we see a brilliant snapshot of an entire generation one that first tackled the glass ceiling and fought for equality at home and at work We hear what they think of their lives now of the choices they have made what has made them happy and what they would change for the second half of their lives In Moses s capable hands these voices become welcome advice from a host of friends a road map for future choices Dish is addictively readable and full of wisdom and it will change the face of self help A sample of the voices in Dish My boss the VP of HR said We really need to promote work life balance in the company Let s have a meeting Monday morning at seven thirty to discuss it I m proud of myself for ending the marriage asserting my right to feel good about my life and being strong enough to do it I practise Marxist Groucho monogamy I wouldn t have an affair with anyone who would have an affair with me

The Complete Guide to Overcoming Traumatic Stress (ebook bundle) Ann Wetmore, Claudia Herbert, John Marzillier, 2013-01-17 Terrible events are very hard to deal with Those who go through a catastrophic life experience such as a car accident assault long term abuse an illness or bereavement often feel permanently changed by the impact of what has happened They become numb and shut off from those around them or grief or guilt may constantly weigh them down Memories of horrifying scenes may intrude unexpectedly during waking hours while sleep may be disturbed by vivid unpleasant dreams These two practical guides on trauma and how to cope with its aftermath are written by internationally recognised trauma experts Overcoming Traumatic Stress Claudia Herbert Ann Wetmore Based on cognitive behavioural therapy CBT this self help guide offers a step by step programme to help you to understand your traumatic experience and how it s affecting you and to start to rebuild your life Traumatic stress responses including Post Traumatic Stress Disorder PTSD result from a person s coping mechanisms having been completely overwhelmed by a terrible experience Flashbacks may be so severe that sufferers may feel that they are losing their sanity and subsequently become ever more isolated in their distress To overcome the effects of trauma it is necessary to change those reactions and begin to see events in a different light This book demonstrates with practical advice and tested exercises how to find new effective ways of coping with and finally overcoming traumatic stress To Hell and Back John Marzillier In this innovative and engaging book world renowned psychologist John Marzillier dovetails first hand accounts from trauma sufferers with over 40 years of clinical practice to provide an honest human description of how trauma affects us at the time and also after the event Whether discussing accounts of terrorist bombings natural disasters road accidents or physical attacks he looks at what these experiences do to us and offers practical and consoling advice for both sufferers and their loved ones on coping with the experience and developing resilience for the future

Smart Saving: The Ultimate Guide to Making Your Money Work for You A Simple, Practical, and Powerful Path to Financial Freedom DIZZY DAVIDSON, 2025-05-08 If you struggle to save money no matter how much you earn Or if you wish you had a foolproof system to grow your savings effortlessly Or if you re tired of financial stress and want real practical solutions that actually

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