

SURVIVING UNEMPLOYMENT

Staying Centered While Your World Turns Upside Down

Surviving Unemployment is an all inclusive book that walks you through the practical, emotional, and financial issues that occur while you are either out of a job or looking for a job by using...

- Realistic suggestions
- Personal experiences
- Meditations and Affirmations

COPE WITH YOUR JOB LOSS ON ALL LEVELS

You've seen books that focus solely on ways to find and get a job. Although this book does tell you how to write a resume that gets the best response, and how to go on winning interviews *Surviving Unemployment* also tells you how to find your centered space when you hear your private negative self talk and experience pre-interview jitters. In other words, *Surviving Unemployment* not only helps you with the practical issues but also the emotional ones that arise during your job transition.

FEEL CONFIDENT WHILE GOING ON JOB INTERVIEWS

Surviving Unemployment helps you feel more confident by helping you...

- **Get grounded with the correct information about being unemployed.** Discover that others are experiencing the same emotional distress as you are. Find out how to progress from the initial trauma you feel when a job ends, to feeling strong and safe again.
- **Solve any practical problems.** Learn how to manage on less money for the interim between jobs. Get an estimate of how much your unemployment check will be. Learn how to manage exit packages that may include lump sum payments and IRA's.
- **Be happy today; find ways to enjoy your extra time this day.** Find in this book suggestions on ways to structure each day and fill the extra time that is suddenly on your hands. See how, if you let it, this time can be the most exciting, growth-oriented experience of your life.
- **Know the type of job you want and learn the best options to get it.** Find practical suggestions on not only how to find open job positions, but the best way to get the job that's right for you. Learn how to write an effective resume, what steps to take to prepare for an interview, affirmations to handle pre-interview anxiety, and questions to prepare for a job interview.
- **Perform affirmations and meditations to help you over the rough spots.** Affirmations and deep relaxations can help you to gain confidence and remain focused as you go on your interview. The ones presented in this book are specifically written for the job seeker and include visualizations that will walk you through your interview.

Associated meditations are available on CD and tape at www.Surviving-Life-Mindfully.com.

AUTHOR'S BIO

Valerie has been a meditator since a young age and a practicing Buddhist since 1989. She has a degree in both Psychology and Writing. She has spent her career writing mostly technical manuals. She currently lives in Massachusetts with her husband, Mark, Chihuahua Lily and cat Merc.