



Mid-Life Career Rescue: How to confidently leave a job you hate, and start living a life you love, before it's too late (The Call For Change) (Volume 1)

Cassandra Gaisford

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Practical, inspiring and empowering tips and strategies every job hunter and career changer needs to know. Are you showing signs of job dissatisfaction? Did you wake up this morning excited to face the day ahead? Or did the thought of getting up and going to work make you wish you could stay in bed? If Monday mornings are a low point in your week, it may be a sign that it's time for a new career. Often you know what you want subconsciously before you know it consciously. While you may still be debating whether or not to stay in your job, your subconscious mind may have already decided it's time for you to move on. The trouble is, you may not know what to do. You may be like so many career changers who say, "I could do anything if only I knew what it was." Perhaps your job is making you sick. Common signs of neglecting your happiness and feeling trapped in a job that you don't enjoy can include:

- Headaches
- Insomnia
- Tiredness
- Depression
- Low self-esteem
- Lack of confidence
- Irritability
- and other warning signs.

It's not surprising you may be struggling to get the energy or confidence needed to successfully find a new job or make a career change. Mid-Life Career Rescue will help take the stress out of making a change, confirm your best-fit career and give you the confidence to move toward your preferred future. Whether you're wanting to make a mid-life career change, proactively looking for new and more fulfilling ways of working and earning a living, job-hunting after job loss, or hoping to fall back in love with a job that you've come to hate, this book comes to the rescue. Career expert Cassandra Gaisford shares inspiring and practical career-change and job-hunting tips and strategies, she's used successfully herself and with clients. Mid-Life Career Rescue will help you:

- * Discover a job you love
- * Boost confidence, courage and self-esteem
- * Flame the embers of inspiration and passion
- * Identify areas of strength
- * Overcome stress and doubt
- * Break free of a job you hate
- * Work with your passion

Whether you love the idea of the 4-hour workweek, want to find a job that reflects who you are and what's important to you, or thinking about starting a business, changing careers and finding a new job can be yours. As Richard N Bolles, author of 'What Colour Is Your Parachute', once said to me, "sometimes all it takes is one book, one sentence to transform your life." Quit feeling trapped. Reclaim your power! Find a job you love and finally live the life you want. Scroll up and click "Buy Now" before it's too late. The strategies in this book will also help job-hunters in their 20s, 30s or 40s successfully change careers.

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