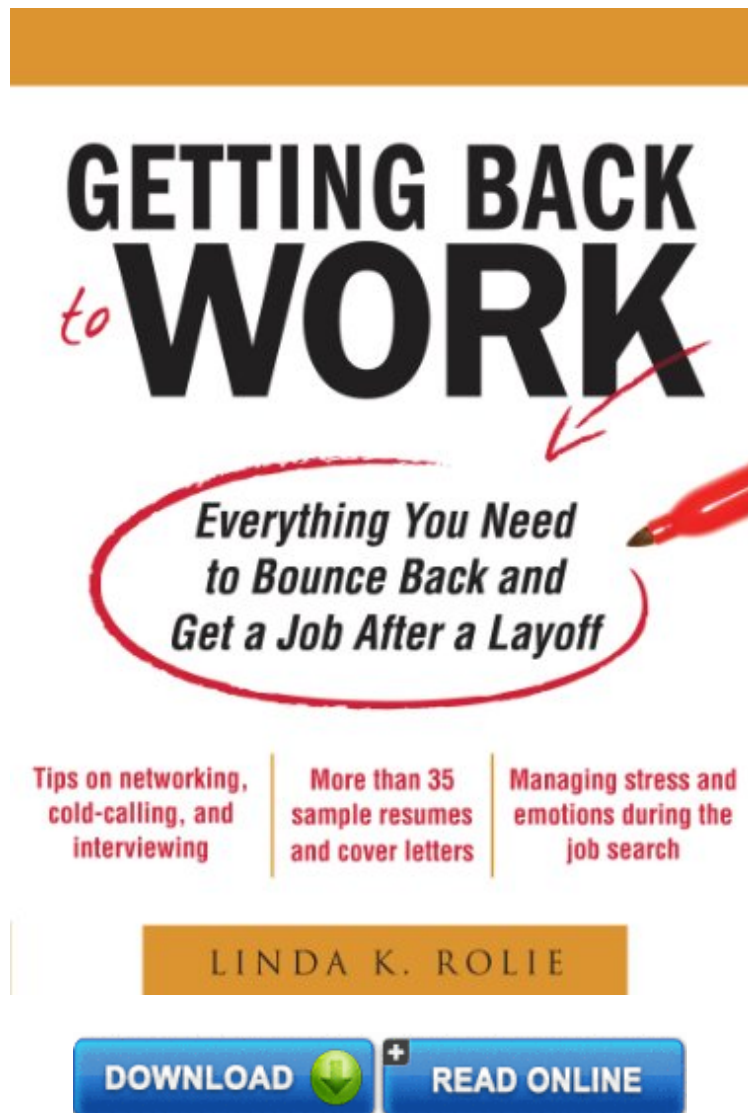


(Download free pdf) Getting Back to Work: Everything You Need to Bounce Back and Get a Job After a Layoff

Getting Back to Work: Everything You Need to Bounce Back and Get a Job After a Layoff

Linda K. Swancutt

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A truly masterful book on career transition and job seeking, especially in light of the current state of our economy. It addresses a wide array of topics that are important for almost every job seeker. " -Carmen Croonquist, Director of Career Services, University of Wisconsin

HOW DO YOU MOVE ON AFTER BEING LAID OFF? You can't always control losing your job, but you can control your reaction and the decisions you make afterward

In Getting Back to Work, Linda Rolie, an expert in strategic career development with a background as a psychiatric therapist, gives you time-tested tools for finding a new job in today's tough economy, while also working through the psychological challenges you might face after being laid off. In **Getting Back to Work**, you'll find:

- Guidance managing emotions and stress while searching for a new job
- Exercises to identify transferable skills, knowledge, abilities, and qualifications
- Templates for writing impressive resumes, cover letters, and thank-you notes,
- Tips on networking, resume building, interviewing, and how to answer the "why did you get laid off?" and "aren't you overqualified?" questions
- Research methods for finding a job, helpful Internet sites and other resources