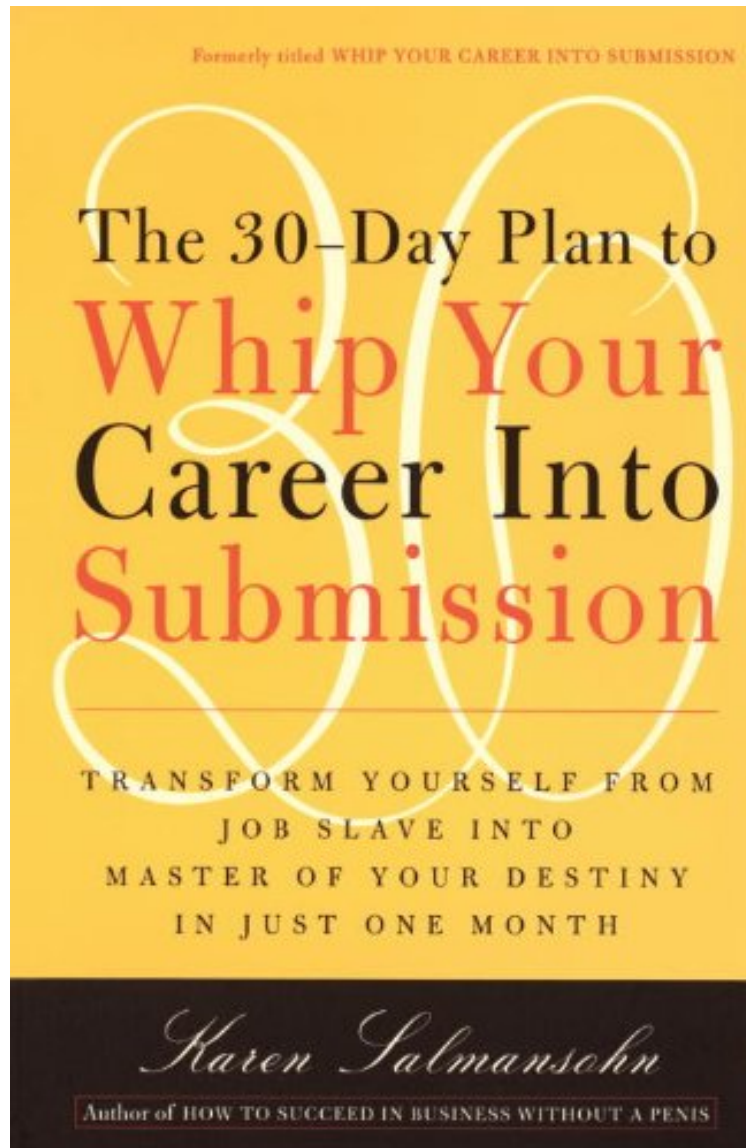


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## The 30-Day Plan to Whip Your Career Into Submission: Transform Yourself from Job Slave to Master of Your Destiny in Just One Month

*Karen Salmansohn*

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**Karen Salmansohn : The 30-Day Plan to Whip Your Career Into Submission: Transform Yourself from Job Slave to Master of Your Destiny in Just One Month** before purchasing it in order to gage whether or not it would be worth my time, and all praised The 30-Day Plan to Whip Your Career Into Submission: Transform Yourself from Job Slave to Master of Your Destiny in Just One Month:

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Don't Stay Stuck in a Job Rut--Take Control of Your Career in Just 30 Days! Feeling enslaved by pointless meetings, overflowing "in" boxes, and endless phone calls? Shackled by mindless busywork and jealous colleagues who keep you from landing the corner office and the recognition you deserve? If so, now is the time to break free from the chains of job slavery! Now in paperback, Karen Salmansohn, award-winning advertising veteran and bestselling author, offers an instructive, humorous, and easy-to-follow 30-day plan for taking control of your career. Daily tips for Cracking Whips and Master Mantras will show you how to beat all of your negative thoughts instead of letting them beat you, so that at last you can attain the promotions and raises you dream about.

"The 30-Day Plan to Whip Your Career Into Submission is an unusual hybrid of laugh-out-loud humor and instructive information to help people master a variety of career problems, no matter what career you're in, or what level you're at. It's jam-packed full of inspiring, quotable gems--the kind that get you elbowing whomever is within elbowing reach so you can read them out loud. I thoroughly recommend this book."--Geraldine Laybourne, Chairman and CEO of Oxygen Media "Karen Salmansohn has written a highly thoughtful exploration of what it means to work and be happy in a confusing world where we want it all. (Oh, and it is entertaining too.)"--Scott Webb, Executive Creative Director, Nickelodeon "If you feel as if you're trapped in career slavery--then chances are you could use a good laugh, along with some good helpful advice on how to master your career problems. This book will supply both in hefty portions."--Mindy Schultheis, Executive VP of Comedy Development, 20th Century Fox TV "From the Inside Flap Don't Stay Stuck in a Job Rut--Take Control of Your Career in Just 30 Days! Feeling enslaved by pointless meetings, overflowing "in" boxes, and endless phone calls? Shackled by mindless busywork and jealous colleagues who keep you from landing the corner office and the recognition you deserve? If so, now is the time to break free from the chains of job slavery! Now in paperback, Karen Salmansohn, award-winning advertising veteran and bestselling author, offers an instructive, humorous, and easy-to-follow 30-day plan for taking control of your career. Daily tips for Cracking Whips and Master Mantras will show you how to beat all of your negative thoughts instead of letting them beat you, so that at last you can attain the promotions and raises you dream about. From the Back Cover "The 30-Day Plan to Whip Your Career Into Submission is an unusual hybrid of laugh-out-loud humor and instructive information to help people master a variety of career problems, no matter what career you're in, or what level you're at. It's jam-packed full of inspiring, quotable gems--the kind that get you elbowing whomever is within elbowing reach so you can read them out loud. I thoroughly recommend this book."--Geraldine Laybourne, Chairman and CEO of Oxygen Media "Karen Salmansohn has written a highly thoughtful exploration of what it means to work and be happy in a confusing world where we want it all. (Oh, and it is entertaining too.)"--Scott Webb, Executive Creative Director, Nickelodeon "If you feel as if you're trapped in career slavery--then chances are you could use a good laugh, along with some good helpful advice on how to master your career problems. This book will supply both in hefty portions."--Mindy Schultheis, Executive VP of Comedy Development, 20th Century Fox TV