



Dealing Effectively with Job Loss

Eileen Berman

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Job loss is a reality in today's marketplace, but it's not the death knell for your career. In You're Fired!: A Unique Approach To Rebuilding Your Life one learns how to recover from the loss and begin to rebuild. Many books touch upon the surface elements of job loss, such as writing a resume or successful interview techniques. You're Fired! delves beneath the surface to uncover the emotional and psychological supports that must be reinforced before updating your resume and scheduling interviews. As Denis J. Baker, Vice-President/Human Resources, Saint-Gobain Corp., Norton Co., states: "You're Fired!: A Unique Approach To Rebuilding Your Life reads like a novel. Through the experience of a 'company' man suddenly confronted with the loss of his job, Dr. Berman shows us how to deal effective-ly with the emotional and psychological aspects of losing a job. Unlike the conventional textbook approach, Dr. Berman's book is easy reading yet packed with valuable insight and advice for anyone facing this traumatic life change."



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