



# The Career Book: Help for Restless Realist

*Jane Downes*

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## **The Career Book: Help for Restless Realist** Jane Downes

Are you 'stuck' in your current job? Or are you frustrated by your lack of a job, or the lack of a life outside your job?

A mercifully waffle-free guide for post-Celtic Tiger times, this updated edition of the The Career Book is nothing short of a must-read for anyone either contemplating career transition or embarking on a career for the first time.

Writing in a style that is direct, honest, empathetic, irreverent and fearlessly cliché-busting, Jane Downes, one of Ireland's leading career coaches, introduces her unique 'Disappointer/Appointer' system, helping you to understand those aspects of your personality that help, and hinder, your career progression.

She then guides you through the practical process of designing and realising a better future for yourself, covering topics such as transferable skills, CVs, interviews, job research, redundancy, recession and work-life balance.

A new feature is a section containing 10 top tips for students, covering areas like work experience, making the best of university careers services and postgraduate study.

The Career Book doesn't just help you find a job, it helps you realise your career potential and create a more fulfilling life.

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