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Judy Bartkowiak

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Judy Bartkowiak : NLP Back to Work (Engaging NLP) before purchasing it in order to gage whether or not it would be worth my time, and all praised NLP Back to Work (Engaging NLP):

0 of 0 people found the following review helpful. Moms Need This!By Janis RodgersIf you are a mom looking to go back to work after the birth of a baby or after raising your kids, I would highly recommend this book. It is full of helpful information to help you rethink the way that you are considering working, as well as helping you with practical skills that you will need, including juggling your life, interviewing, and more. I found that it was an excellent book about communicating as well, including communicating with your children, your spouse, and your friends. It reminds

us that doing what we have always done will just give us what we have always had, which is important to really internalize. I think that this book is excellent for any age of mom who is looking to return to the work force either full or part time to allow her to really reconsider the way that she is going about the process and maybe even the job that she is considering. Easy to read and light read, but full of practical and deep information. 1 of 1 people found the following review helpful. Simple and easy to apply. I can relate to the issues covered in the book. By Timea PaI can completely relate to the issues Judy covers in the book. Had my first baby this year and going back to work was challenging. What I really like about Judy's book is that it is very simple and easy to apply. Too many books are so heavy and complex that its easy to give up on the exercises but this is very accessible.

Judy Bartkowiak has combined working in a wide variety of jobs with bringing up four children and believes that the most important attributes mums need are; self belief; outcome thinking; flexibility; positivity; the ability to prioritise. These skills are covered in this book along with plenty of different ideas of paid work that you can combine with having a family and having the time to enjoy them.

About the AuthorAbout the Author