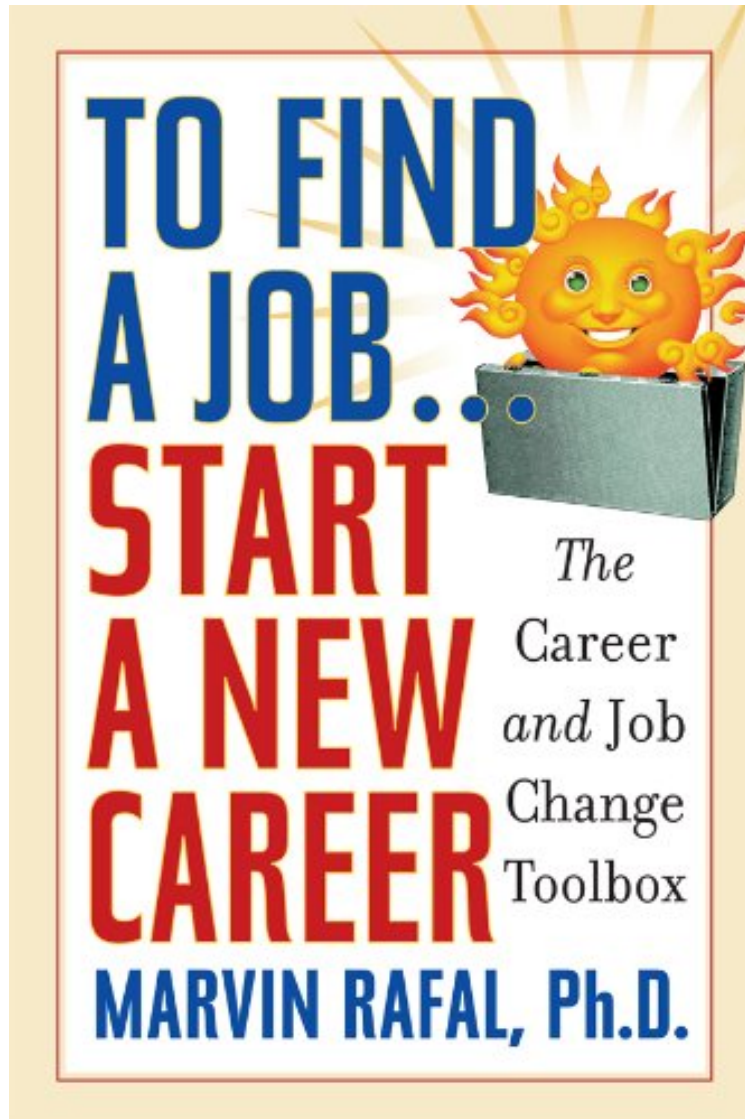


To Find a Job . . . Start a New Career: The Career and Job Change Toolbox

Marvin Rafal

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Marvin Rafal : To Find a Job . . . Start a New Career: The Career and Job Change Toolbox before purchasing it in order to gage whether or not it would be worth my time, and all praised To Find a Job . . . Start a New Career: The Career and Job Change Toolbox:

Certain large industries have contributed more than their share of layoffs and downsizing, and our slow economy has

more than a few employees scared and uncertain of their futures. As many as 20 million people are dissatisfied in their current occupations. Some of those are unhappy workers afraid to start a new career or reevaluate their current occupation or field. People today change jobs more than ever. It's rare for an employee to stay at one company for a lifetime and retire there. The best strategy for those laid-off or dissatisfied with their work is to consider new careers in industries and fields where people are needed and wanted, now and in the future. In *To Find a Job . . . Start a New Career*, Dr. Marvin Rafal explains to the job seeker or worker rethinking his or her career what an organization looks for and how management evaluates employees for raises, bonuses, and promotions. After all, why do we work? We work for more than financial reasons. Our occupation has psychological benefits. Socialization, creativity, and power can each play into our job choices. An unhappy job situation can create physical problems—headaches, lack of sleep, constant worry, high blood pressure, and even a weakened immune system. The stress can also have mental ramifications: depression, low self-esteem, and irritability. Rafal helps readers evaluate their personality and career choices no matter their age or socioeconomic situation. *To Find a Job . . . Start a New Career* offers years of experience on becoming more fulfilled and finding a challenging profession.

About the Author Dr. Marvin Rafal has been an industrial psychologist for the last 30 years. He has helped numerous businesses and professionals find qualified and interested people to fill important positions. Now he uses his considerable knowledge and skill to help those who find their present jobs less than secure, satisfying, or challenging. He lives and writes in New Rochelle, N.Y. and Fla.