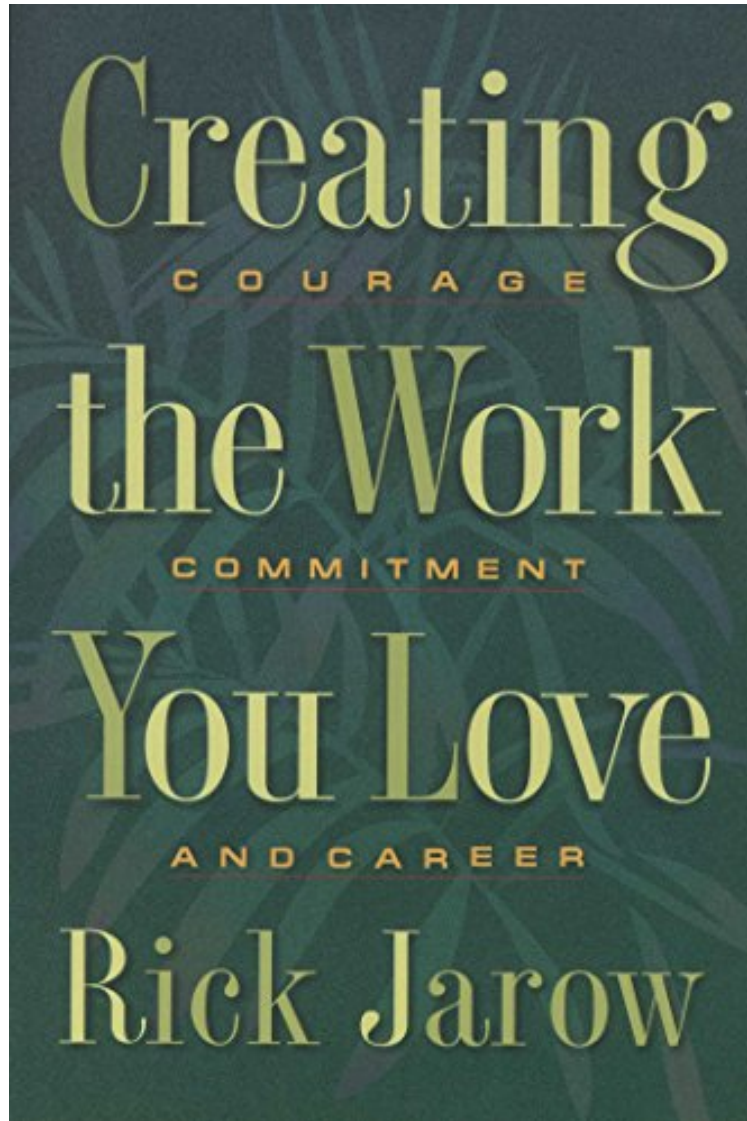


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## Creating the Work You Love: Courage, Commitment, and Career

*Rick Jarow*

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**Rick Jarow : Creating the Work You Love: Courage, Commitment, and Career** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Creating the Work You Love: Courage, Commitment, and Career:

2 of 2 people found the following review helpful. Unique and encouraging book, particularly for artistsBy TeaI've been in the arts for almost my entire life, and whenever I hit a rough spot, I read books on doing work you love. I've read so many by now, from Do What You Love, The Money Will Follow to What Color Is Your Parachute, and for me this is by far the best.I've been around long enough, and know enough about my field, that I don't need pedestrian advice on identifying my interests, networking, writing a resume, etc. I need support in the continual

rethinking and renewal necessary to design work that sustains ME at the deepest level as well as my bank account. Unfortunately, too many of us are surrounded by people who see doing work we love as unrealistic or self-indulgent. Jarow is the perfect antidote. He's not unrealistic (at one point, he asks, "...but what if the money does not follow in pace with your real needs?") but he also doesn't advocate taking those endless personality tests that attempt to fit you into someone else's niche. He uses the chakras as a model for talking about the subject, so you do have to be open to some basic new-agey stuff, but he's talking about very solid inner work on deeper issues, such as your past, your family issues, and your basic trust in life. A great book to engage with, particularly if your calling is a little unusual or difficult.

4 of 4 people found the following review helpful. Slowing down and going deeper to go farther faster

By Brenda J. Newberry I love this book. This book has inspired a work project I have been implementing since 09/09/09. I use this book to facilitate a 10 week small group workshop on fulfilling our work purpose. I have come to understand that the nature of this workshop is to help people connect with what they care about deeply, to share that with others, to create projects that inspire them, and to watch miracles unfold. We use exercises and meditations in the book, but the core content unfolds as a result of the experiences of the 5 to 7 people who choose to meet. The manifestations may not appear immediately, but true miracles have happened, lives have been enriched, new work gets created that expresses the dreams that were shared, and Rick's work expands to influence more and more people. I am now delivering work that I love. Rick Jarow has released a gem in this book and I thank him from all 7 of my chakra energy centers. Rick gives people the courage to live from their hearts.

0 of 0 people found the following review helpful. A very important journey

By David Smith I met Rick Jarow at a workshop he was conducting - same basic premise - creating the work you love. Rick's book is nearly as compelling as his personal presence. He provides wonderful contexts for guided meditations that hit home and are very topical and helpful. If you have any interest in plumbing the depths of your true calling, this book will be an indispensable guide.

In this unique and provocative look at work, career counselor Rick Jarow argues for a return to the concept of vocation--finding a "calling" instead of a job. Traditional career guides inventory the individual skills, talents, and abilities that correlate to specific existing jobs. *Creating the Work You Love* presents a unique alternative approach, using self-reflective exercises based on the seven chakras, to help you determine the elements you need to create a life filled with meaning and purpose. Jarow believes that it is possible to live and act from the most authentic part of ourselves, and to express our strongest values, energies, and talents through our work in the world. Concentrating on the attributes associated with each of the body's energy centers, or chakras, Dr. Jarow helps us form a bridge between our personal priorities and the external activities of the work world. Once this bridge is established, strategies are developed to find a career that nourishes all aspects of our lives.