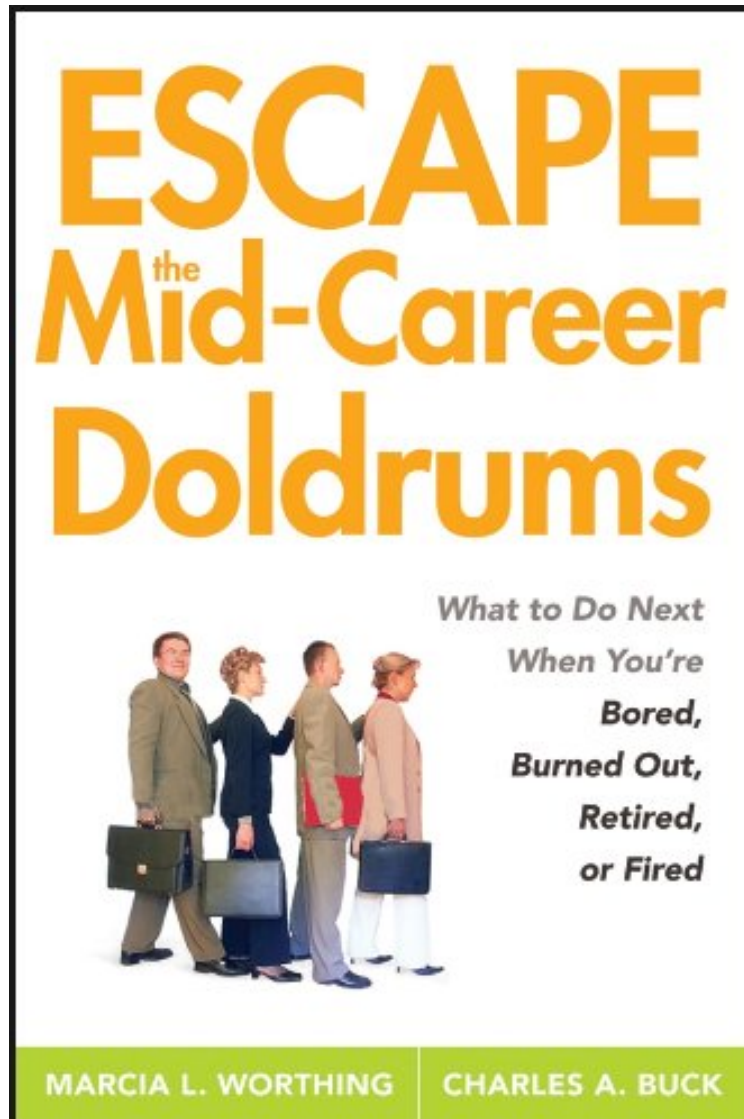


[Download] Escape the Mid-Career Doldrums: What to do Next When You're Bored, Burned Out, Retired or Fired

Escape the Mid-Career Doldrums: What to do Next When You're Bored, Burned Out, Retired or Fired

Marcia L. Worthing, Charles A. Buck

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Marcia L. Worthing, Charles A. Buck : Escape the Mid-Career Doldrums: What to do Next When You're Bored, Burned Out, Retired or Fired before purchasing it in order to gage whether or not it would be worth my time, and all praised Escape the Mid-Career Doldrums: What to do Next When You're Bored, Burned Out, Retired or Fired:

4 of 4 people found the following review helpful. Very little new or useful information and much more focused on

dealing with being fired than having doldrums

By K. Smith I found the book easy to read and mildly interesting but almost completely unhelpful if what one is truly suffering is doldrums. The book's overweighted focus on being fired or retired - neither of which I would consider mid-career doldrums. The title, therefore, is somewhat misleading. If you've been fired or are in retirement and bored, perhaps this would be a great book. However, if like me you are experiencing a lack of interest and motivation in your current career and are actually at mid-career rather than retirement, I don't suggest this book is the right one for you.

8 of 8 people found the following review helpful. I Needed a Switch

By A. Phillips I retired from a successful career as a mortgage banker and looked forward to golf, bridge, and unlimited quality time with the grandchildren. It was great for awhile and my husband, who had retired into a hobby - making and selling duck decoys - and I travelled around the country. But, it wasn't enough. I found I had too much time on my hands and yearned to be busy again. "Escape..." made me realize that life isn't just one career and that's it. I followed the precepts espoused in the book and began to envision myself as a co-ordinator of volunteer services at a local hospital. I started to do volunteer work and gradually made myself indispensable to the director of volunteers. Now I work directly for her (with a respectable salary) three days a week and my family and I couldn't be happier. Thank you Charley and Marcia.

3 of 3 people found the following review helpful. Decent but not great

By Jaewoo Kim This book is geared towards 40-60 year old career switchers. The book helps with your own self analysis of what is causing your boredom, burnout, retirement, and firing. The book also helps you to realign your thinking about your current job and future job trends in a positive light. As much as anything, this is a "you can do it" book which empowers those who might be in a career rut and are frustrated or feel helpless. The advice of this book are solid such as retraining yourself with the latest technology in your field and getting rid of old fashioned "old dogs can't learn new tricks" attitude towards new technology and ideas. We are in a knowledge based economy where constantly reinventing and learning new skill is critical in almost any job.

Whether you're bored, burned out, retired, or fired, *Escape the Mid-Career Doldrums* offers solutions, ideas, and practical tools for shaking up your professional life for the better. Based on real case studies, this smart and practical career guide will help you discover the causes of your professional problems and give you the inspiration and confidence to take action and seize new opportunities. This is the perfect prescription for a new and exciting professional life.

From the Back Cover Get your career back on track; whether you're bored, burned out, retired, or fired Changing professions in mid-career is both a challenge and an opportunity. Whether you're burned out or bored to death with your job, whether you've been downsized, retired, or fired, this is your chance to seize control of your career and start doing something you really love. Even if you've been working in the same field for decades, *Escape the Mid-Career Doldrums* offers solutions, ideas, and practical tools for shaking up your professional life for the better. Everyone deserves a second chance at a great career. Based on real case studies of mid-career professionals, *Escape the Mid-Career Doldrums* will help you discover the causes of your professional problems and fix them with practical, straightforward career advice. Inside, you'll find inspiring and practical guidance on: Recognizing when you're burned out or bored