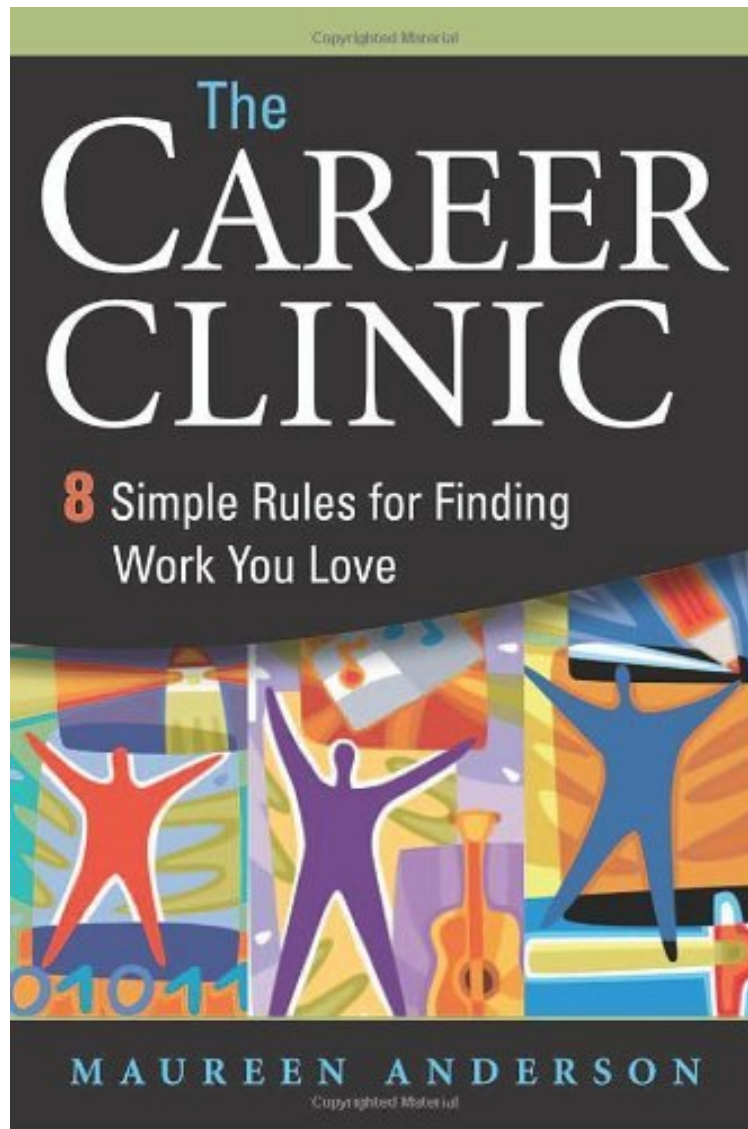


## The Career Clinic: Eight Simple Rules for Finding Work You Love

Maureen Anderson

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**Maureen Anderson : The Career Clinic: Eight Simple Rules for Finding Work You Love** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Career Clinic: Eight Simple Rules for Finding Work You Love:

0 of 0 people found the following review helpful. Courage to say yesBy Ellen KI read this book just 6 weeks after leaving my job of 12 years. It reaffirmed my belief that quitting was the best thing I did for myself. It isn't easy taking the unknown path but it sure is freeing and enlightening. The people in this book all dared to do something different for themselves and to go out on a limb so to speak. All are happier and better off. This is not to say it is easy. And yet

it is crucial to make life changing decisions so that those decisions can really change our life. Since making a career change myself, I have really noticed how many people complain about their jobs and wish things were different. All of those people will be getting this book as a gift in hopes that it inspires them to just make the choice to be happy. 0 of 0 people found the following review helpful. InspiringBy CustomerFilled with interesting examples about people who found the perfect job. Great read for those looking for a career that they would naturally love! 3 of 3 people found the following review helpful. 8 proven paths to career successBy Anne S. HeadleyIf you learn by stories, this career book is for you. From failure to success, from boredom and burnout to passion, Maureen Anderson has captured stories of people who took the road less traveled, and oh what a journey they are on! This book reads like armchair adventure, because it is. You can learn how to get the courage to walk away from a job which is getting you down and onto an uncertain career path which will put a smile on your face. From her years doing radio interviews on The Career Clinic, Anderson has gleaned eight guidelines that her successful people have followed, and these eight rules of career success are the divisions in the book. If there is anything I would change, it is that the eight rules referred to in the title are sometimes overshadowed by the dynamic tales told by the interviewees. Several times, I had to flip back in the book to find out which rule a story illustrated. But I'm not sure it is a flaw to have such exciting people unfolding in the pages of this book. As a career counselor, I'm aware that my clients have too few models before them in how to walk away from the security of a good-paying job and into a life of uncertainty and joy. We don't see enough of it. But here they are - folks who have done it and are so glad they did. Need a dose of enthusiasm, energy, inspiration? Here it is. Buy this for that gifted someone in your life who needs to be reminded to go for it - that now is the time.

The secret to life is doing the work we are meant to do. As the longtime host of a radio show devoted to helping people find work they love, Maureen Anderson has often invited listeners in to hear firsthand accounts of people who not only relish their work, but live without regret. The Career Clinic is filled with intimate, revealing, and inspiring stories of career transitions that led to fulfillment, meaning, and peace. . . and offers suggestions for how others can make them too. Readers will find plenty of practical guidance on how to make the leap from the 9-to-5 doldrums to a love affair with their career. From a fashion designer who became a psychotherapist, to a husband and wife who followed their dream to open a bookstore, to a secretary who became the famous editor of a legendary magazine, the book offers warmhearted advice and encouragement. Readers will learn how to find their place in the world, have fun, and say, "Yes!" to what truly makes them happy.

From Publishers Weekly Anderson has compiled interviews from her radio talk show into a self-help guide that gets off to a wobbly start with a maudlin introduction that argues in favor of using impending death as the starting point for making career decisions. The author suggests determining which activities; if never pursued; would fill the reader with the most regret if they suddenly discovered they were going to die tomorrow. Subsequent sections offer glimpses into how other people made their lives work for them after finding their job was keeping them from enjoying their lives. Unfortunately, aside from sharing manifold examples, Anderson provides no concrete steps; rather, she defers to the classic career book, *What Color Is Your Parachute?* These short conversational stories attempt, merely by presenting a series of success stories, to inspire those who want to make life-altering changes, and after the first 20 or so testaments to the joy of finding a true calling, the results start to wear thin. Spending time reading about other people's happiness seems like yet another delay in getting off the couch to find one's own. (Oct.) Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "hellip; plenty of practical advice and guidance on how to make the leap from the usual 9-to-5 routine to having a love affair with their careerhellip; useful advice and encouragement to those hoping to achieve happiness and prosperity in both their professional and personal lives." Today's Black Woman "Maureen Anderson skillfully weaves together the stories and her 'eight rules,' making for an enjoyable, informative and motivating book about finding your dream job." Long Island Woman "If you are ready to take control and look at your life and job in a different light, then *The Career Clinic* is just what you need to get you startedhellip; an inspiring must-read for job seekers. The book is entertaining and humorous." Suite101.com "If you like reading briefs about careers ndash; some unusual ndash; this well-written book is for you." -- Career Opportunities News "hellip; the storieshellip; will inspire you, reassure you, comfort you to continue on the often-hard work of the journey. I cannot recommend it highly enough." -Communicatrix blog From the Back Cover If you've ever longed for your "dream job," welcome to *The Career Clinic*! Based on the radio show of the same name, this book invites you to enjoy the inspiring personal stories of people who have made dramatic career transitions that led them to peace, fulfillment, and contentmentand offers real-world guidance for how you can do the same. You'll find out about a fashion designer who changed course to become a psychotherapist, an attorney who opened a mustard museum, and a restaurant manager who followed his bliss to become a hot dog vendor in Alaskandand many more. In Maureen Anderson's *The Career Clinic* you'll get warmhearted advice and encouragement for finding the work you love. Advance Praise for *The Career Clinic*: "This book is a tapestry, woven from many threads, many colors, and many voices. The author, host of the well-regarded *The Career Clinic*reg;, uses interviews from her radio show to

illustrate—as her title says—eight basic rules for finding work you love. Her writing is heartfelt, and she weaves a lovely pattern from her guests’ experiences. You should find the book immensely helpful toward your own quest for a meaningful life.” — Richard Bolles, author of *What Color Is Your Parachute?* “If you don’t look forward to your work the moment you arise, you’re doing something wrong. That will never happen to you if you read *The Career Clinic*. I think it should be required reading for high school students, college students, and all humans who have graduated from either without reading this instructional manual for life on earth.” — Jay Conrad Levinson, author of the *Guerrilla Marketing* book series “Finally. A self-help book that’s as fun to read as it is practical. Anderson doesn’t tell you how to find work you love. She shows you, by taking you on a guided tour of lives filled with passion and purpose.” — Marshall Goldsmith, author of *What Got You Here Won’t Get You There* Maureen Anderson is a motivational speaker and host of the nationally syndicated radio talk show *The Career Clinic*. She is also an award-winning journalist who blogs at [www.thecareerclinic.com](http://www.thecareerclinic.com) and whose articles and essays have appeared in publications ranging from *Radio World* to *Spirituality Health*.