

Benjamin Kramer

Quit Your Job! Jay Conrad Levinson, 1987-01-01 Quit Your Job! Jay Conrad Levinson, 1987 The Parental Leave **Playbook** Amy Beacom, Sue Campbell, 2021-09-09 Support your growing family without losing professional ground a proven approach The Parental Leave Playbook helps parents take control of their leave and make the most of what s considered a career timeout but is actually a vital time in for your life If you re an expecting or new parent concerned about how your leave and return plans will affect your visibility candidacy for promotion work relationships and performance not to mention your identity and home life this book will guide you into the smoothest transition possible Most importantly this book will help you as you grow and strengthen yourself and your family while remaining a professional In The Parental Leave Playbook you ll learn Dr Amy Beacom s innovative R E T A I N framework and the three phase ten touchpoint model to coach yourself through the leave process Beacom identifies the critical points before during and after leave where parents and managers must work together and explains how parents can facilitate success by finessing the way they approach their manager and colleagues These models are supported by case studies from the author's work in the field with leading organizations like Microsoft and supplemented by resources such as the evidence based Parental Leave Transition Assessment PLTA sample report leave action plan templates reflection prompts and development exercises to enhance self awareness and skills You ll learn how to Communicate your parental leave plans effectively and at the right time Set expectations with managers and colleagues to ensure a smooth transition Learn how to maintain visibility avoid being replaced and continue your upward career trajectory during your parental leave and beyond Grow and strengthen your family without sacrificing your professional gains All working parents to be can benefit from the ideas and proven tools in this direct and practical book

Breaking into the Boys' Club Molly D. Shepard, Jane K. Stimmler, 2014-06-09 Breaking into the Boys Club is the ultimate guide to success for women in business No matter what stage in your career or what job position you hold this book offers you practical relatable ways to evaluate your work style and workplace culture in order to better understand behavior that may be holding you back from advancing in your field Based on extensive research Breaking into the Boys Club offers compelling stories quizzes and tips to help diagnose issues and discover powerful step by step solutions to irksome office challenges Written by leadership coaches who have been there and seen that this book contains straight talk about the mistakes women make and how to fix them in order to achieve more personal and professional satisfaction and success New to this edition are sections on dealing with workplace conflict the importance of sponsors and how women should think about and plan for their post career futures

The Soft Landing Method - A step by step guide to stopping antidepressants the smart way and starting your SSRI-free life again Benjamin Kramer, 2014-06-24 Everything you need to know to ensure you have a soft landing as you come off antidepressants A guide to getting off SSRI antidepressants and starting your drug free life again from Benjamin Kramer best selling author of Brain Renovation In this clear and concise guide Benjamin

Kramer gives you an easy to implement blueprint for coming off antidepressants such as SSRIs Selective Serotonin Re uptake Inhibitors using a variety of little known techniques and tips With a scientifically designed tapering plan including the use of certain other drugs and supplements where required you can avoid coming in for landing too hard and crashing Done properly you CAN have a soft landing off antidepressants If you are reading this you are probably taking one of the following drugs and have decided that it is time to slowly start tapering down Prozac Fluoxetine Lexapro Escitalopram Zoloft Sertraline Effexor Venlafaxine Cymbalta Duloxetine Or one of the other atypical antidepressents such as mirtazapine Remeron Avanza buspirone Buspar tianeptine Stablon or moclobemide Aurorix In his typical balanced style Kramer does not tell you whether you should or shouldn t be on antidepressants This is a decision for you and your doctor Antidepressants help a lot of people around the world get their life back and regain the ability to enjoy living again However if the decision has been made to stop taking antidepressants this book contains all the information you will need to succeed including Planning ahead to maximize your chances of success Lifestyle changes that may be required during and after the process of guitting How to minimize the nasty effects of discontinuation syndrome where your body takes time to adjust to life without the drug in your system The correct nutrition to rebuild your brain Recommended supplements to assist the process Potential short term medication options to manage the acute phase Kramer doesn't promise it will be a walk in the park However what he does make clear is that with a little effort and planning you can regain your drug free life again **Breaking Free** Chris Lauer, 2009-03-05 Breaking Free is about making the transition from working for the man to working for yourself by starting your own business or freelancing By focusing on the personal experiences ideas and actions of a variety of self employed people including freelance writers contractors service providers store owners and franchisees sales reps and others this book offers readers deep insights into the ideas and decisions required to make self employment a reality Along the way author and self employed professional Chris Lauer offers a wealth of practical small business insights and tips Breaking Free thus offers would be entrepreneurs and freelancers something priceless both the skills and encouragement required to shake free of corporate shackles and take the leap into small scale entrepreneurship Featuring real stories about the initial spark that motivated individuals to pursue independence and entrepreneurship Breaking Free follows a variety of entrepreneurs as they move from their jobs as employees to the ranks of the self employed It also covers the nuts and bolts of self employment pricing and marketing services keeping an eye on the bottom line and growing the business among other topics In addition Lauer focuses on the advances in technology that make self employment easier today than ever before Unlike most books on self employment Lauer uses vivid real life stories and tips to help would be entrepreneurs decide the route that is best for them Experienced entrepreneurs describe how they came up with ideas for their businesses how they kept their ventures in motion during the early days and over the long term how they grew and when they recognized it was time to call it quits and sell or shutter the business This is not a book for the next Bill Gates but for the majority of new business owners and those

dreaming of creating their own jobs people ready to take a few risks to make a decent living on their own terms and gain some independence Both descriptive and prescriptive Breaking Free presents the latest ways to capitalize on today s many opportunities for self sufficiency and financial autonomy Breaking Into the Boys' Club Molly Dickinson Shepard, Jane K. Stimmler, Peter J. Dean, 2009 The ultimate guide for women who want to advance professionally this work contains straight talk about the mistakes women make and how they can fix them in order to achieve more personal and professional The Right Job, Right Now Susan Strayer, 2006-12-26 Helps readers to identify their skills and satisfaction and success abilities compensation needs and personal preferences for a job and align them with the type of career or company that will utilize these skills and provide appropriate benefits The Crystal-Barkley Guide to Taking Charge of Your Career Nella Barkley, Eric Sandburg, 1995-01-01 Discusses how to determine one s skills set goals and secure a job Happen, 2009-01-01 A one stop shop for anyone wanting to improve their life at work Make It Happen is the ultimate guide to making the best of your talents and building the career you want We spend over 70 per cent of our week at work so being happy while we re there is a major priority With practical and easy to read advice on how to deal with over 60 common career challenges Make It Happen will help you to Go to work with confidence get the best from yourself Achieve your full potential get the best from your career Manage successful teams get the best from others Make It Happen also features an exclusive introduction by Dena Michelli bestselling author of Assertiveness in a Week unique interviews with people who ve survived the career mill and essential Web links **Knowing Me** Jasmine Fleur, 2016-09-29 Amid a world bereft of luxuries and entitlements a girl grows up with little hope of becoming anyone important She is only able to escape her pain and dream of a better future through the pages of her beloved books As she helplessly watches her parents rapidly descend into despair and failure she learns to cope with reality makes the best of what she has and while wishing she could do something to make life perfect for her family plays within an imaginary world When her coming of age journey leads her into young adulthood she makes several life changing mistakes that at first prompt self pity but then eventually open her eyes to a new world where unlimited possibilities await But will she be able to summon the inner strength to leave her past behind and embrace freedom and her true identity Knowing Me shares the touching tale of a girls struggles as she grows up poor in a dysfunctional family and eventually sets out on journey of self discovery where anything is possible Career Break Compass Laura Nguyen, 2024-11-12 Reignite your career passion with Career Break Compass a strategic guide to reclaiming work life balance through meaningful breaks complete with actionable plans and a supportive community For those grappling with burnout and the uncertainties of recovery this compass emerges as an indispensable guide offering strategic insights that navigate the journey toward renewal and a purpose driven future Dr Tamara Beckford Burnout Prevention Expert and CEO of UR Caring Docs Career Break Compass is for mid to high level executives who are high achievers and goal oriented decision makers finding themselves losing momentum and drive from overwork lack of work life balance

emotional exhaustion and more By telling her own story the author shows how after recognizing that she was burned out in her career she decided to take a three month break Rather than just taking the time off she planned that time breaking it into four sections Play Pause Plan and Pursue She felt it was essential first to take the time to disengage from work and spend time with her family in Play For Pause she spent time on her own to slow down meditate and work on herself That got her ready to Plan where she investigated her core values and how she could incorporate those into her career Pursue prepared her to re enter the workforce By interviewing others who have taken career breaks and sharing their stories Laura gives readers a wide variety of options to take their own breaks short or long There are even a series of bite sized break ideas for those who need a pause but don't have the time or money to take off for three months Each chapter ends with questions for the reader that will help them thoughtfully plan a break that works for them A QR code at the back of the book will lead readers to templates and worksheets online plus a developing community of like minded people By the end of the book readers will have the tools they need to plan and execute a career break and then return either to their existing job or maybe something completely new refreshed motivated and ready to work with a plan that will keep them from falling into old burnout traps MORE PRAISE FOR CAREER BREAK COMPASS Laura's carefully thought out strategies for taking an intentional break offers actionable and sustainable practices that will recharge you at home and in the office Fran Hauser Author Keynote Speaker Leading Career Expert and Former Fortune 500 Media Executive Laura Nguyen offers smart take you by the hand guidance to pause recharge reevaluate and ultimately reemerge to work that is aligned with your strengths and values This is the map you need when contemplating what s next Becky Vollmer author of You Are Not Stuck How Soul Guided Choices Transform Fear into Freedom 101 Career Myths Debunked Elizabeth L. Campbell, 2022-08-01 What if everything you know about careers is false Bombarded by toxic misinformation about unemployment and failing career prospects job hunters are often halted by fear 101 Career Myths Debunked is essential reading for college students job hunters and career changers to discover the myths holding them back and reveal the surprising truths and practical steps that will set them on the path to career success Written by a counseling psychologist and career psychology expert 101 Career Myths Debunked is your personal career coach and ultimate planning guide This easy to use workbook will show you how to boost your confidence and build a life you love It walks you through the entire career development process and helps you deal successfully with everything you need to consider You ll learn practical new ways to move forward from your present uncertainty into a promising future **India's Working Women and Career Discourses** Suchitra Shenoy-Packer, 2014-08-06 This study investigates Indian working women's sense of the discourses surrounding work and careers In interviews conducted with seventy seven women across socioeconomic statuses castes classes and occupational and generational categories in the city of Pune India women express how feeling bound by tradition confronts excitement about ongoing changes in the country The work lives of these women are influenced symbiotically by India's sociocultural

practices and the contemporary phenomenon of globalization Using feminist standpoint theory as a theoretical lens Suchitra Shenoy Packer explores how women deconstruct coconstruct and reconstruct systems of knowledge about their worlds of work as embedded within and influenced by the intersections of society socialization and individual agency. The meanings that Indian women associate with their work as well as their definition of a career in twenty first century India will be of interest to students and scholars of feminist theory women's studies globalization Asian studies and labor studies Complete Idiot's Guide to Bringing Up Baby Signe Larson, Kevin Osborn, 1997 A guide to childcare offers advice on bonding feeding childproofing toy selection communication and infant development **Workparent** Daisy Dowling, 2021-05-25 An all in one resource for every working mother and father Sure there are plenty of parenting books out there But as working moms and dads we ve never had a trusted go to guide all our own one that coaches us on how to do well at work be the loving and engaged parents we want to be and remain true to ourselves in the process Enter Workparent Whether you re planning a family pushing for promotion during your kids teenage years or at any phase in between Workparent provides all the advice and assurance you ll need to combine children and career in your own authentic way Whatever your field or family structure you ll learn how to Find a childcare arrangement you fully trust Build a strong support team at home and on the job Advocate for advancement and flexibility Step up at work while keeping your family healthy and whole Tame guilt self doubt worry and other difficult emotions Navigate big transitions the return from leave a promotion or job change or the arrival of a second child Manage day to day pressures like scheduling mealtimes homework and more Find and really use time off Feel more capable calm and in control Written by Daisy Dowling a top executive coach talent expert and working mom Workparent answers all of your questions and feels like a good talk with your favorite mentor Finally the handbook you need to thrive as a working parent **Awareness of a second** Catalin Petre, 2021-03-30 Growing between communism and capitalism is a difficult task Over working and burn out lead to autoimmunity We see all these stories about healing by what you eat by detox by moving to another place how to minimize the living space But not all people can afford to eat avocado papaya or coconut milk not all people afford to just leave everything behind and move to a forgotten island in the middle of nowhere or move to a room with 3 kids Not everyone has the money to go to Chile and eat strange leaves or even worse be stung by bees for 2 years every week Then what do we do There are other ways of overcoming a condition besides the conventional medicine pouring drugs pills investigations giving standard diagnosis to almost all people and making us monthly subscribers to an ever increasing pharmaceutical industry This book journeys between the simple things mother nature offered us to heal how to be more self aware and the situations life offers us every InfoWorld ,1986-04-07 InfoWorld is targeted to Senior IT professionals Content is segmented into Channels and day Topic Centers InfoWorld also celebrates people companies and projects Routledge Revivals: Guards Imprisoned (1989) Lucien X. Lombardo, 2016-10-04 First published in 1989 Guards Imprisoned provides an in depth look into the work and

working life of prison guards as they perceive and experience it The author who was a teacher at Auburn Prison New York discovered that little was known about the guard's perceptions of his place in the prison community and set out to explore the dynamics of this key correctional occupation from the perspective of those who do it The raw data was provided by over 160 hours of interviews with guards and is presented in the order of a natural history from their prerecruitment images of prison to the search for satisfaction as experienced guards The book also includes a follow up with the officers who were originally interviewed in 1976 assessing patterns of change and stability in their attitudes and behaviors The Auburn Correctional Facility renamed from Auburn Prison in 1970 was the second state prison in New York the site of the first execution by electric chair in 1890 and the namesake of the famed Auburn System replicated across the country in which people worked in groups during the day were housed in solitary confinement at night and lived in total silence The facility is celebrating the 200th anniversary of its groundbreaking in 2016

Hearings United States. Congress. House. Committee on Education, 1961

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