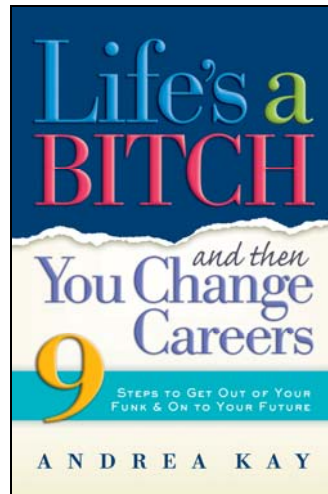


FOR IMMEDIATE RELEASE

CONTACT: Leslie Henkel
212.229.7188 or lhenkel@hnabooks.com

**A Career Guide for Those Who Missed
What Color is Your Parachute? —
It's Never Too Late to Switch Careers!**



Life's a Bitch and Then You Change Careers
9 Steps to Get Out of Your Funk & On to Your Future
By Andrea Kay

“Every word out of Andrea Kay’s mouth is gold... No matter who they are, or what their dreams may be, Andrea can find a way for people to navigate this crazy working world of ours.”

- Ellen McGirt, *Money Magazine*

Does the work week feel like slow torture? Does a sense of dread gnaw in the pit of your stomach when a vacation nears its end? Has a career that was once exciting become tedious and boring? Or maybe you’ve taken time off of work, and want to follow a different path. If these scenarios sound all too familiar, the time has come to make a serious change—and career consultant Andrea Kay shows you how with her newly released book, **LIFE’S A BITCH AND THEN YOU CHANGE CAREERS: 9 Steps to Get Out of Your Funk & On to Your Future** (Stewart, Tabori & Chang; \$15.95; January 2006).

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LIFE'S A BITCH AND THEN YOU CHANGE CAREERS is a workbook that brings readers through a career transformation from soul-searching to resume-writing. Based on years as a career consultant and syndicated career columnist, Andrea Kay offers advice on all the pertinent topics—complete with workbook-style exercises and real-life testimonials. Kay's inspiring wisdom guides prospective career-changers through:

- Researching new fields
- Battling head demons like “what if I fail?” and “what will others think?”
- Tackling financial concerns
- Approaching further training or schooling
- Networking in a new field
- Resumes, cover letters and interview techniques for career-changers
- Accepting the right offer and landing a job in a new field

Along the way, readers will find info-boxes that help answer questions like “Are you the Entrepreneurial Type?” and “How to Find Time to do this Career Change” or offer quick tips such as “Three Ways to Get Wind of Jobs.”

Perhaps most encouraging are testimonials and case-studies from Andrea Kay's real-life clientele and others she has heard from:

“Doing these steps, I realized my skills are transferable... Now I'm having fun...doing all the things I figured out I enjoy doing, but in a different way and in a different environment.”

- Beth, former engineer turned entrepreneur

“Since I changed careers, I hate to go to sleep and I can't wait to wake up in the morning.”

- Gary, former executive turned guitar shop-owner

Andrea Kay's vast knowledge, paired with her inspiring, personable writing style, makes this life-changing book as good as a trip to the career counselor's office—in fact, the 9 steps are designed to work like a series of office sessions with a counselor! So, what are you waiting for? Let Andrea Kay help create a career to fit your talents, passions and lifestyle!

Andrea Kay is a career consultant and executive coach who has helped thousands of job hunters and employees take control of their careers. Her column, “At Work,” appears weekly in over 100 newspapers in the U.S. and Canada. Widely interviewed in national print and broadcast media. She lives in Cincinnati.

LIFE'S A BITCH AND THEN YOU CHANGE CAREERS

9 Steps to Get Out of Your Funk & On to Your Future

Stewart, Tabori & Chang

Paperback • \$15.95

272 pages • 6" x 9"

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