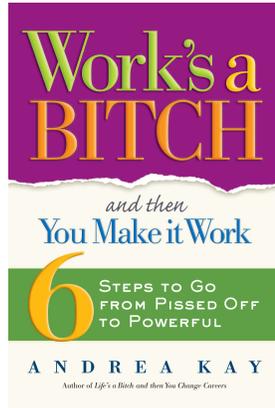


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From the author of *Life's a Bitch and Then You Change Careers...*



# **WORK'S A BITCH**

## **and Then You Make It Work:**

### **Six Steps to Go from Pissed Off to Powerful**

#### **by Andrea Kay**

“Work’s a bitch!” has long been a familiar sentiment felt in the American workplace. But in these times of economic instability, with the threat of lay-offs and hiring freezes hanging over the heads of many beleaguered professionals—not to mention an increase in workweek hours, a decrease in promotions, fewer benefits and incompetent bosses making matters worse—more and more Americans are feeling trapped, powerless, betrayed and most of all, pissed-off!

Thousands of these angry, hardworking Americans have found solace and strength in nationally syndicated columnist and career consultant **Andrea Kay**’s columns, speeches and coaching. With her new book, **WORK’S A BITCH AND THEN YOU MAKE IT WORK: 6 Steps to Go From Pissed Off to Powerful** (Stewart, Tabori & Chang/ January 2009/ \$15.95), Kay shows people how to have a meaningful, rewarding career in spite of all that’s wrong, broken and out of their control in today’s workplace.

Don’t mistake this for one of those rah-rah-don’t-worry-be-happy-turn-lemons-into-lemonade-at-the-office career books. This life-changing and interactive book first gives readers a chance to bitch about everything that’s wrong and helps them identify what is making them feel that their career goals and dreams are already lost to them.

But then Andrea Kay shows them how to turn their anger into a productive force to secure their future and get what they want! Her thought-provoking exercises and advice are like a one-on-one counseling session with Kay counseling readers on how to aim high and be fearless in presenting new ideas, how to cope with the unpredictable, how to determine whether a company is a good match, how to define a fair work arrangement, and how get up the nerve to ask for it.

Whether you work for a company, are job-hunting or are working on your own, Andrea Kay's new book will put you in control of your career and keep you focused on doing great work, even when you feel pulled in a million different directions.

Whatever the state of the economy, the workplace is not like the weather, which everyone complains about but figures there's nothing they can do about it. In the case of your career, there's plenty you can do. Work may indeed be a bitch sometimes, but that doesn't mean you can't have a career—a life—full of meaning, control, less stress and more success!

**About the Author:**

**Andrea Kay** is the author of Stewart, Tabori and Chang's *Life's a Bitch and Then You Change Careers*. She is a career consultant and executive coach who has helped thousands of employees and job-hunters take control of their careers. Her column, "At Work," appears weekly in 100 newspapers in the U.S. and Canada. Kay appears frequently in print, broadcast, and online media, including her bimonthly podcast, Andrea Kay, Career Whisperer. She lives in the Cincinnati area.



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