



Your Job Survival Guide: A Manual for Thriving in Change

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FT Press, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Preface: We Surely All Will Die xixCHAPTER 1: AN ESKIMO ON THE TITANIC 1Dangerous Waters 3Sailors and Paddlers:Your Real Job Is Change 6The Limits of Flat-Water Thinking 9CHAPTER 2: WORKING THE EDDIES: Pace Yourself to Preserve Your Sanity 13All Hands on Deck 17We Are Drowning in Change 19The Impact of Exhaustion 22Strategies for Pacing 25Create a "Not To Do" List 27Build Breaks in the Action 30Get Good Sleep 32Take a Nap 33Enforce Vacations 35Avoid the Perils of the Crazy Brave and Phony Tough 38Keep a Roll in Reserve 41CHAPTER 3: MASTERING THE ROLL: Prepare to Fail Gracefully and Recover Quickly 45Failure Is the Only Option 48Strategies for Failing Quickly and Recovering Gracefully 52Treat Your Career as a Series of Experiments 52Minimize the Risk of Failure 54Master the Emotions of Failure 56Practice Failing 57Prepare to Learn from Failure 59Make Your Mistakes on the Move 60Failing and Play 62CHAPTER 4: THE POWER OF PLAY: Optimism and Resilience 65The Play's the Thing 66The Power of Optimism 70Strategies for Unsinkable Optimism 71Create Optimism and Avoid Learned Helplessness 72When All Else Fails, Paddle Like Hell 74Choose Your Equipment...



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