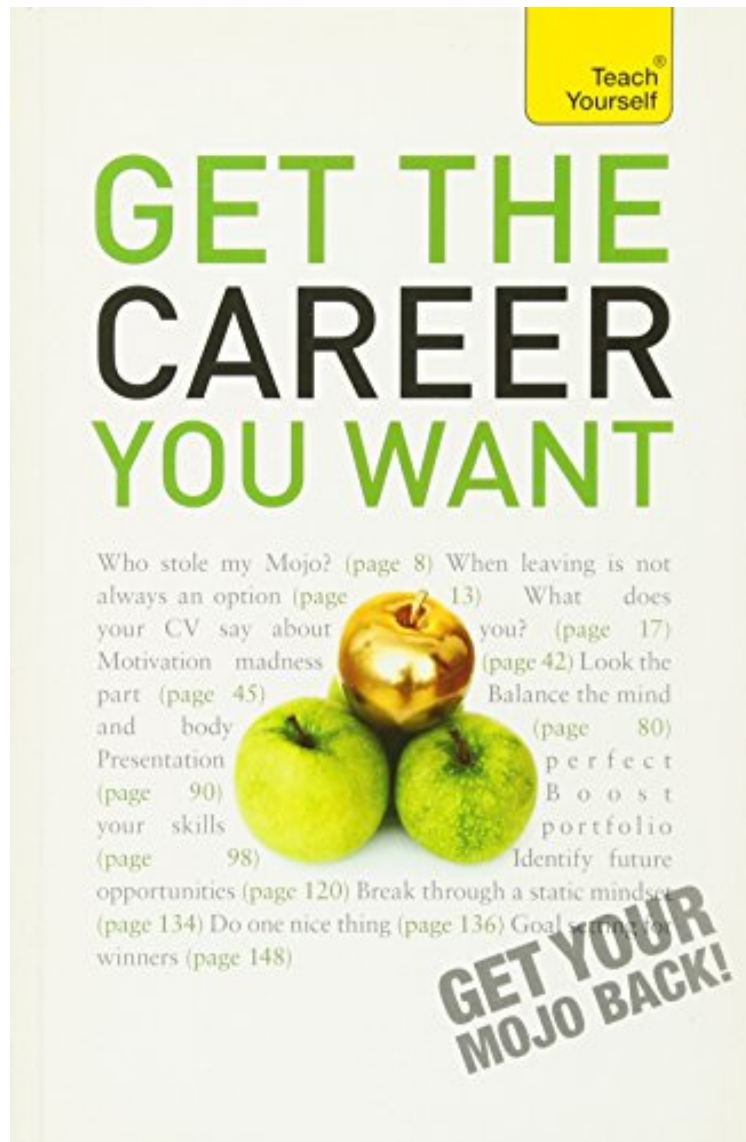


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## Get the Career You Want

*Karen Mannering*

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Do you feel that your mojo has definitely headed over the hill and hasn't even sent a postcard? We all have moments

when we feel that life has become boring or tedious and though a change of job or career might seem the answer that's not always possible, especially in these tough times. There are lots of reasons why anyone might feel constrained by their job and long to break out but there are just as many solutions. This book will help you to understand who you are and what you need and, from there, how to get what you want whether it's moving on or making the most of where you are. With lots of practical tools to understand your own motivation and identify opportunities it will help you find your mojo and maybe even fall back in love with your job!

About the Author Karen Mannering is a personal development specialist and psychotherapist with over 18 years in people development working with large organisations, universities and colleges. A speaker at a number of conferences, Karen also writes for magazines, journals, and websites. She has been quoted several times in The Times and The Guardian and has written several books.