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Title: Mind Flip: Change the Way You Think About Yourself and Reinvent Your Future. Author: Zena Everett. ISBN: 9781911425700.  
Reviewer: Charles Goff-Deakins. Reviewer's Rating: 4.5/5

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## Download Free Mind Flip Change The Way You Think About Yourself And Reinvent Your Future

Mind Flip is a new must-read career manual for anyone looking to change jobs, achieve promotion or find more fulfilling work. Written for all career stages from Graduate to Granddad, including Mum Returners, over 50s, women in business and the new self-employed, it is the culmination of Zena's many years of working in recruitment and career coaching. Mind Flipping is to flip your focus away from yourself and instead look outwards - on to the value you add and the problems you, uniquely, can solve for other people. Graham Norton believes that this philosophy will help you transform the way you look at your career - for ever! The book provides you with everything you need to fire up your career, on the future of recruitment and talent management. The first part Figure It Out will help you figure out the unique value you provide. Why should someone hire you, or use your services? The second part Crack On gives you the practical tools and techniques to launch your job search, in the quickest and most straightforward way, to find a new job, gain promotion or find the freelance work you want. The third section Just For You is if you need extra help to get you to where you want to be (as a freelancer, returner, working Mum, over 50s, graduate or disabled job seeker). The final part Fulfill It helps you to keep going, to maintain your network, keep raising the bar on your aspirations and achieve the ambitions you previously thought were impossible; or maybe you didn't know you had. It even includes a chapter on when things can go wrong - such as working for a Narcissistic Boss - and what to do about them.

We all want fulfilling and rewarding careers. But we often allow our fears to take hold and miss the best way to achieve our goals. We prioritise ourselves and our needs when we should make the problems we can solve for potential employers of clients the backbone of our job search. Adjusting our mindset is the essence of MIND FLIP, the must-read career manual for anyone looking to change jobs, win a promotion or salary increase, or simply find more fulfilling work. It covers all career stages from graduate to granddad, including Mum returners, the over-50s, women in business, those who need extra help because of disability, and the newly self-employed. It is the result of Zena Everett's many years of working in recruitment and career coaching, and provides you with everything you need to fire up your career. No wonder UK broadcaster Graham Norton said: 'Zena is an absolute star. She will transform the way you look at your career for ever.' Part one, Figure It Out, helps you to figure out the unique value you provide. Why should someone hire you, or use your services? The second part, Crack On, gives you practical tools and techniques to launch your job search, land a new job, win a promotion, or find the freelance work you really want. Part three, Just For You, offers specific help for freelancers, returners to the workplace, working Mums, over-50s, graduates or disabled job seekers. The final part, Fulfill It, helps you to keep going, shows you how to maintain your network and keep raising the bar on your aspirations so you achieve the ambitions you previously thought were out of reach or which sat below your radar. MIND FLIP even includes a chapter that helps you to cope and emerge with your reputation intact when things go astray -- such as finding yourself working for a narcissistic boss.

Shares exercises and puzzles designed to challenge and stimulate the mind and offers advice concerning attention, mental play, memory, flexibility, and decision making

## Download Free Mind Flip Change The Way You Think About Yourself And Reinvent Your Future

What is your emotional fingerprint? Why are some people so quick to recover from setbacks? Why are some so attuned to others that they seem psychic? Why are some people always up and others always down? In his thirty-year quest to answer these questions, pioneering neuroscientist Richard J. Davidson discovered that each of us has an Emotional Style, composed of Resilience, Outlook, Social Intuition, Self-Awareness, Sensitivity to Context, and Attention. Where we fall on these six continuums determines our own “emotional fingerprint.” Sharing Dr. Davidson’s fascinating case histories and experiments, *The Emotional Life of Your Brain* offers a new model for treating conditions like autism and depression as it empowers us all to better understand ourselves—and live more meaningful lives.

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