



The Career Fitness Workbook: How to Find, Win & Keep the Job of Your Dreams

Peter Weddle

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Recognizing that millions of Americans are out of work—or are at risk to be—this guide provides an engaging way for job seekers to rethink their strengths and weaknesses, dreams and goals, and challenges and opportunities in the new world that has emerged after the "Great Recession." The consideration uses a powerful metaphor, analogizing the principles of developing a strong career to the practices of building a healthy body, integrating the best techniques into a single, practical strategy for success. As a self-instructional workbook, this helpful companion enables career builders to learn valuable lessons at their own pace and apply them to their own unique circumstances. Distinguishing itself from virtually every other career book on the market, this study counters the widespread angst in the workforce by tapping into the quintessential commitment to self-improvement. Exercises and worksheets cover topics such as discovering individual talent, setting goals, nurturing the facets of a healthy career, how to define personal victories, and getting back on track.

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