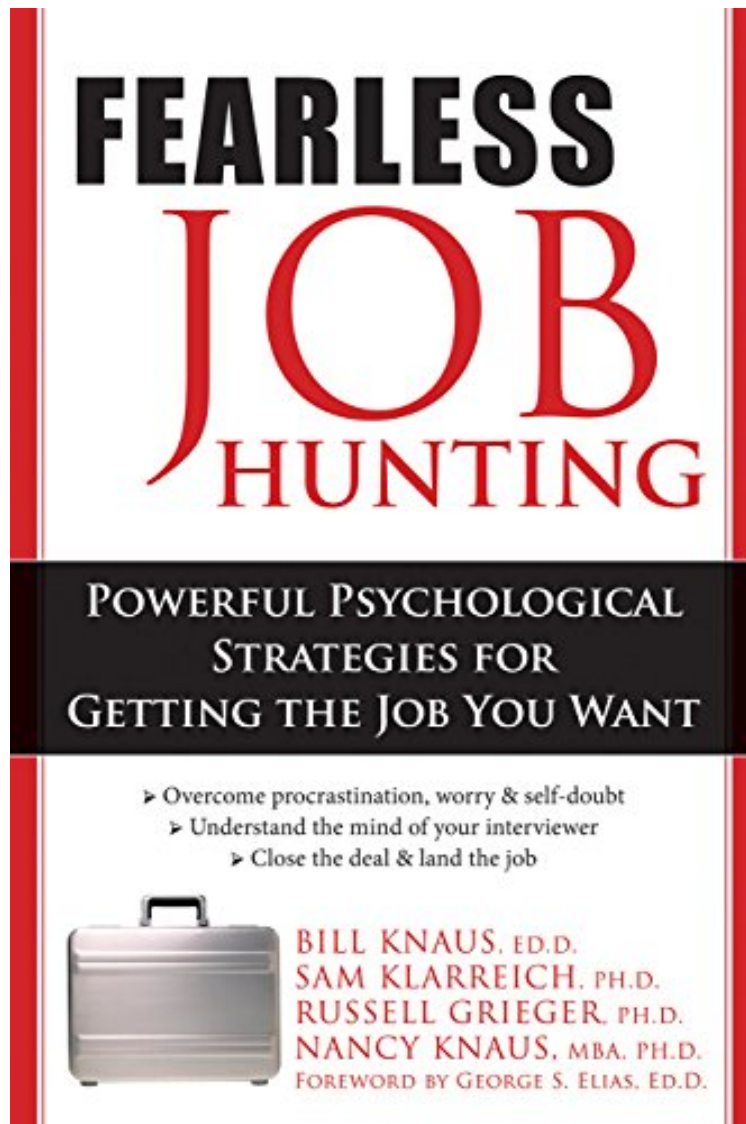


Fearless Job Hunting: Powerful Psychological Strategies for Getting the Job You Want

William J. Knaus, Sam Klarreich, Russell Grieger, Nancy Knaus
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William J. Knaus, Sam Klarreich, Russell Grieger, Nancy Knaus : Fearless Job Hunting: Powerful Psychological Strategies for Getting the Job You Want before purchasing it in order to gage whether or not it would be worth my time, and all praised Fearless Job Hunting: Powerful Psychological Strategies for Getting the Job You Want:

3 of 3 people found the following review helpful. Job Hunting and Practically Applied Psychology By Barry L. Davis As the backgrounds of the authors suggest, this book purports to offer "powerful psychological strategies for

getting the job you want." Topics covered in the book are quite comprehensive, from preparation and targeting through job search, resumes (probably the weakest part of the book), networking, job search, interviewing and salary negotiation. Based on the Rational Emotive Behavior Therapy of Albert Ellis, the authors provide some excellent constructs to work through the decision-making process in a manner to reduce procrastination and enhance progression towards meaningful work. Using the ABCDE approach (Adverse situation, Belief about it, emotional and behavioral Consequences of these beliefs, Disputing this belief and identifying the Effects of the new perspective) to evaluate perspectives, situations, decisions and action, they provide multiple real life examples of job hunters and career explorers working through this process. Chapters end with hints, short worksheets and questions to apply the key topics to the reader's specific situation. I found the first section titled "Gear Up to Manage Your Job-Loss and Job-Search Challenges" to be particularly useful, providing excellent guidance on reprogramming personal perspectives, managing the inevitable stress of the process and creating a positive, results-oriented job search environment. 0 of 0 people found the following review helpful. I think you'll like it. By Mary E. Gahn. It's a bit dry for "motivational/self-help," but if you think of yourself as a learner in general and this as your textbook and workbook, I think you'll like it. 7 of 7 people found the following review helpful. Part 1 is good. By Customer. This book bills itself as giving you "Powerful psychological Strategies for getting the job you want." Part One has some great self-help type information for helping one through issues such as procrastination, and the overall depression and negativity one can feel when the job search doesn't yield immediate satisfying results. These are where the authors apply their expertise and research as evidenced by the many APA-style in-text citations. The rest of the book about resumes, interviews, etc. is unremarkable. That is, the information about these topics could be found in other generic job seeking books. There is no deep, psychological insight into hiring people's points of view when reviewing you or your materials. Other books specifically dedicated to one aspect of job searching have the same information, with the same or better insight into hiring individuals. The citations evidencing the research behind their claims disappear. I was a little disappointed that only Part One really delivered what it promised and the rest was so generic. On a personal note, I was moderately frustrated by the lack of an index. The authors give many acronyms and expect that on the first casual read through you'll remember them. When they re-reference them, they generically remind you in-text the information is in Chapter 2 but it's up to you to figure out exactly where. I guess I'm just lazy to expect that information in a reference book should be easier to re-reference.

Successful job seekers have two major skills their competitors don't: the psychological endurance to approach job opportunities fearlessly, and the ability to adapt to a variety of situations to position themselves as each interviewer's dream candidate. *Fearless Job Hunting* offers these powerful psychological techniques drawn from cognitive behavioral therapy and reveals the strategies decision makers in top corporations use to find and hire exceptional employees. This book shows you how to: **bull;** Silence unproductive anxieties and self-limiting beliefs **bull;** Develop the motivation and stamina to stay positive while job seeking **bull;** Pressure-proof yourself by building confidence and cool-headedness **bull;** Get the edge in interviews by honing your communication skills. This book has received the prestigious accolade of being included in *The Albert Ellis Tribute Book Series*—created to honor the life and work of Albert Ellis, the founder of rational emotive behavioral therapy (REBT). REBT is one of the most widely-practiced therapies throughout the world and is the foundation for cognitive-behavioral therapy and other evidence-based approaches. These books provide proven-effective treatments and tools to improve psychological well-being, while also supporting advancements in psychotherapy for the betterment of humanity.

.From the Publisher. In *Fearless Job Hunting*, leading psychologists and business consultants show readers how to meet the challenge of finding the right job and overcome the anxiety inherent to the job hunting process using psychological strategies drawn from cognitive behavioral therapy (CBT). About the Author. William J. Knaus, EdD, is a licensed psychologist with more than forty-six years of clinical experience working with people suffering from anxiety, depression, and procrastination. He has appeared on numerous regional and national television shows, including *The Today Show*, and more than 100 radio shows. His ideas have appeared in national magazines such as *U.S. News World Report* and *Good Housekeeping*, and major newspapers such as *The Washington Post* and *the Chicago Tribune*. He is one of the original directors of postdoctoral psychotherapy training in rational emotive behavior therapy (REBT). Knaus is the author or coauthor of over twenty books, including *The Cognitive Behavioral Workbook for Anxiety*, *The Cognitive Behavioral Workbook for Depression*, and *The Procrastination Workbook*.