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New Book from Job Expert Kerry Hannon Builds a Roadmap to a Satisfying, Successful Career

The secrets to making your job more rewarding personally and professionally

"Kerry Hannon unlocks the secrets to finding true career happiness in this smart, practical, and entertainingly written guide. Finding passion, value, and genuine satisfaction in the job you do is rare yet eminently desirable—and obtainable, as Hannon shows. Another first-rate effort from one of the top personal finance journalists in the field." —**Diane Harris, Editor, MONEY Magazine/Money.com**

"I love the job Kerry Hannon did writing this excellent, practical book. As a noted authority on work and careers, she knows exactly what the rest of us need to do to become more fulfilled at our jobs. Take her advice and I'm confident you'll get more out of work and more out of life." —**Richard Eisenberg, Assistant Managing Editor, Nextavenue.org**

There are few things as important as having a career that makes you happy when it comes to excelling in life and succeeding in your chosen field. Most adults spend more waking hours at work than anywhere else.

But less than one-third of employees in the United States feel engaged at work, according to a report by Gallup. Around the world, across 142 countries, the proportion of employees who feel engaged at work is just 13 percent. That's discouraging. But you don't have to be one of them.

"When you lose pride in what you do, your health, your personal relationships, and your sense of self-worth begin to diminish," says author Kerry Hannon, columnist and writer for *Forbes*, *New York Times* and *Money* magazine amongst others.

Something has got to change. To paraphrase the old adage, life's too short to be unhappy. This is exactly the mission Hannon goes after, and it's the pervasive problem she aims to resolve in her new book, ***Love Your Job: The New Rules for Career Happiness*** (ISBN: 978-1-118-89806-2, Wiley, March 2015).

According to Kerry, "You can fall back in love with your job again, even if you've been doing it for decades. This book is about finding ways to discover real joy in your job right now. The path to promotion is not always there, or at least not

clear. Or you feel like you're trapped in a dead-end job. Quitting is generally not a good option, unless you already have a new position lined up elsewhere, or you already have the means to retire—in which case, lucky you."

Love Your Job is about making your current work more engaging, more productive and ultimately more enjoyable. "This book addresses the common reasons people feel discontented with their work and helps them overcome these issues by thinking more entrepreneurially, having 'that talk' with their manager, making a sideways move within their company or discovering value and meaning in their work," says Kerry.

Hannon taps into the routines, habits, and thought patterns that, over the years, may have turned a dream job into a drudge or, worse, a nightmare. The author's assignment for the reader is clear. Make a plan. Define what will make your own career path successful for you. It might be a more flexible work arrangement, a sweet salary bump, or a challenging new assignment. The core message: You can turn it around and rebound from your malaise or a grim work environment.

Love Your Job is about *solutions*. Kerry shows you how to identify the little and big things that make your work satisfying. She gives precise techniques you can adopt that will lead to bigger and better things—regardless of your age or career stage. In this book, you will learn to:

- Develop new habits that bring more purpose into every single workday
- Rekindle your hope and motivation by celebrating small successes
- Recognize negative patterns that keep you from enjoying your job
- Craft an entrepreneurial attitude that will get you noticed and enrich your work life

Love Your Job is a guide to making work fulfilling and fun—again, or even for the first time. Why count down your working hours when it's possible to reinvigorate and, transform the daily doldrums into gratifying, meaningful and productive activity?

About the Author

Kerry Hannon is a nationally recognized authority on career transitions and retirement and a frequent TV and radio commentator who speaks about and offers advice on career and personal finance trends. Kerry is a columnist for *The New York Times*, a contributing writer for *Money* magazine, a contributing editor at *Forbes* magazine, and the Second Verse columnist at Forbes.com. She is also AARP's Job Expert and the Great Jobs for Retirees columnist at AARP.org.

Kerry is the author of the gold medal award-winning *What's Next? Finding Your Passion and Your Dream Job in Your Forties, Fifties and Beyond*, which *USA Today* hailed as "a road map for those striking out on their own."

Kerry's book, AARP's *Great Jobs for Everyone 50+: Finding Work that Keeps You Happy and Healthy ... and Pays the Bills*, is a national bestseller. The *Wall Street Journal* called it "a must read for anyone mulling what kind of work will work for you in the next phase of your life."

Kerry has been a columnist, editor and writer for *USA Today* and *U.S. News & World Report*. Her work has also appeared in *The Wall Street Journal*, *BusinessWeek*, and *Kiplinger's Personal Finance*. She has appeared as a financial and career expert on ABC News, CBS, CNBC, NBC Nightly News, NPR, PBS and numerous radio stations nationwide.

If you are interested in an interview with **KERRY HANNON** or would like more information, please contact:

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