

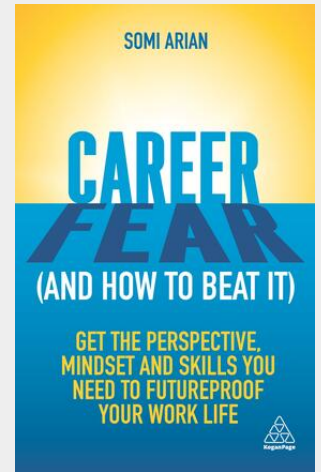
Arian

## Career Fear (and How to Beat It)

Get the Perspective, Mindset and Skills You Need to Futureproof Your Work Life

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What's going on with the world of work? Will my job exist in five years' time? What's 'disruption' all about, and what does it mean for me? Jobs don't look like they used to. In this age of innovation, staying in control of your work life can feel overwhelmingly challenging. So what does it take to have - and be in control of - a successful and fulfilling career? Career Fear (and how to beat it) will help you answer this question for yourself. In this practical and reassuring book, you'll explore the perspective, mindset and uniquely human skills you need for a resilient and thriving career - without the fear. From understanding how the world of work is changing, to self-reflection and developing your critical thinking; author Somi Arian guides you through everything you need to be ready for an exciting and varied journey through life and work. Packed with clear, useful examples and inspiring case studies, Career Fear (and how to beat it) helps you beat that career fear and prepare to succeed - no matter where your career takes you.



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