

Occupational Stress? New Publication Offers Remedies

Contact: Michelle A. Riklan
Michelle@riklanresources.com
800.540.3609

Morganville, New Jersey, May 5, 2011 -- 101 Great Ways to Enhance Your Career is a crucial resource for anyone who wants to improve their career.

Find a career you love or improve the career you have with insider secrets from leading career experts.

Packed with [career advice](#), this book is ideal for everyone from the recent college graduate to the retired professional seeking a second career. 101 Great Ways to Enhance Your Career, is a thoughtful collection of 101 unique chapters from leading career experts with impressive backgrounds and credentials. They represent published authors and television personalities to coaches, business owners and heads of associations. All are stellar educators who have shared information on topics that are personally relevant. They use their expertise to inspire and motivate readers to discover what they need to have successful careers.

"The breadth of knowledge in this book is astounding. Every day I can pick up this book and within 10 minutes learn something new to help me with my career," said Jeff Griswold, President of Effective Learning Systems.

To purchase your copy and receive between \$600 and \$1500 worth of FREE bonuses (e-books, books, tools and coaching) - go to <http://www.selfgrowth.com/greatcareerbook.html>

In such a challenging workforce climate, "career enhancement" means many different things: procuring that first job, keeping an existing position, returning to the workforce after a long hiatus, riding the waves of unemployment or starting an entrepreneurial venture, to name a few.

101 Great Ways to Enhance Your Career will show you:

- How to find your passion and relaunch your career.
- The secret to network effectively and secure your next position.
- How to create a fabulous résumé and sell yourself in a difficult job-market.
- Best ways to identify and act upon opportunities for change.
- Secrets for fueling your own success.
- The most effective job search strategies and how to take action.

And so much more!

Whether you are seeking answers for yourself or working with a client on career objectives, this book offers solutions, suggestions, advice and support on a wide range of topics. It can help with retirement, business development, career branding, difficult work environments, effective communication, goals, job hunting, leadership résumé strategies and telephone interviews.

“As a seasoned recruiter, I purchased many copies of this book as a gift for some of my clients and candidates. This was to help enhance their careers, make them think a bit differently and as a guide for their futures. The book contains many voices, years of experience and different view points which are very helpful to people in these times of ever changing corporate and work environments.

The comments I received back were overwhelming 5 star. They loved the variety, not one viewpoint and are picking/choosing ideas from each of the chapters. I can't tell you how many e-mails and calls I received how thrilled they were to have received this book and they will recommend it to their friends and colleagues as not the "run of the mill" book but one which can aid them in their current situation or future.” said [Jean Mulrine DeMange](#), Amazon.com Review, Contributing Author.

This book can be used as a traditional reference guide and networking tool; contact information for all experts is included. Read from cover-to-cover, or out of sequence. Each chapter stands on its own.

About Michelle and David Riklan – Co-creators of 101 Great Ways to Enhance Your Career

Michelle A. Riklan is a career expert, published author and speaker and owns Riklan Resources, a global résumé and career services company. She is co-founder of Selfgrowth.com, the largest social network on the web for people looking to improve their lives and for the experts that guide them. Selfgrowth.com has 1 million visitors per month and is spearheaded by David Riklan, President of Self Improvement Online, Inc. David is an internet marketing and social media expert, published author and speaker.

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