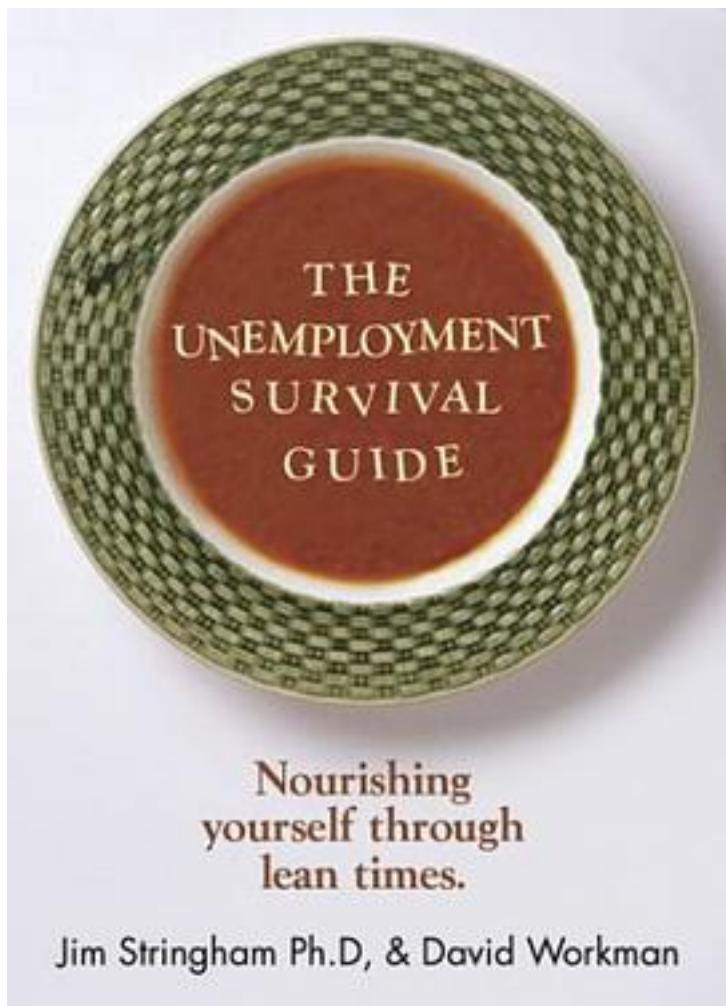


# The Unemployment Survival Guide



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Unemployment is unquestionably one of life's most stressful and difficult experiences,

and it happens to virtually everyone at least once during the course of their working lives. It is a time of uncertainty and transition-but it can also be a time to learn, grow, and seriously examine the direction of one's life. Break Time: Nourishing Yourself Through Unemployment provides practical solutions for the roller coaster of experiences that people have from the day a job is lost to the day a promising new one is found. Authors Jim Stringham and David R. Workman show you how to take advantage of newly found "free" time and learn important new skills, like how to accomplish the following:

- Escape video game overdose
- Face Black Monday (and Tuesday, Wednesday, Thursday, Friday, etc.)
- Have fun for little or no money
- Keep loved ones sane while you are jobless
- Rid yourself of resentment
- Explain job loss to children
- Set a financial plan

Break Time provides helpful information on how to take care of you while unemployed, and offers suggestions on dealing with feelings of isolation, keeping a sense of humor, maintaining self-esteem, and feeling more comfortable with a temporarily lower standard of living. Break Time will be the most important book you read while out of work. James Stringham, Ph.D., holds a master's degree in social work and a doctorate in psychology. He has been a mental health practitioner for more than a decade. In addition to managing a full-time practice, he founded the Wealth and Wellness Consulting Group that assists financial institutions, law firms, and owner-managed businesses with client and asset retention programs. He lives in Salt Lake City, Utah. David Workman holds a master's degree in public administration. After working for more than seven years at the Utah Department of Environmental Quality in their Office of Planning and Public Affairs, he joined the Salt Lake Organizing Committee for the Olympic Winter Games of 2002 as the Environment Programs Manager. He lives in Petaluma, California.

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