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## 2009 EDITION NEW AND UPDATED

**Rebuilding your life after redundancy, the New Life Network Handbook**  
by Janet Davies

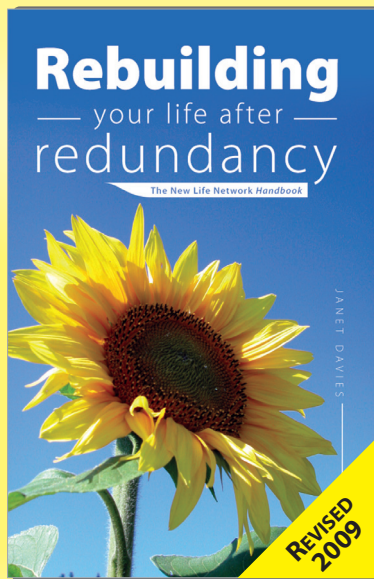
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Thousands of people in the UK are being made redundant every working day.

Thousands more are worried about job security, how to re-enter the workforce after a career break and how to keep re-inventing their careers in today's uncertain and demanding times.

Would you know how to rebuild your life if your old career disappeared? If you haven't looked for a new job for a few years, would you know how to find another one in a world of recruitment revolutionised by the internet?

Janet Davies is founder and editor of [www.newlifenetWORK.co.uk](http://www.newlifenetWORK.co.uk), a treasure trove of free career management resources and online information for those experiencing the aftershock of redundancy.



*"If you need a book that will put redundancy into perspective, give some sensible advice and guidance, provide follow-up resources and contacts and do all this without being patronising - this is it. A good-value alternative to the sometimes overbearing world of outplacers, agencies and financial advisers, It's also useful if you want to change career or jump out of your box".*

*Personnel Today*

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