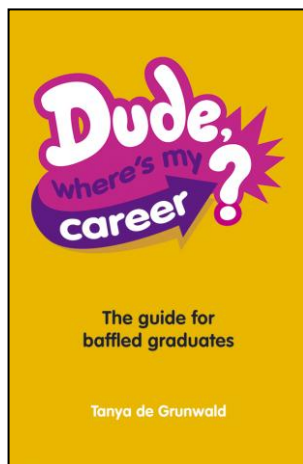


SUMMERSDALE PRESS RELEASE

Perfect feature material for this summer and autumn, a careers guide for *real* graduates



Dude, Where's my Career?

The Guide for Baffled Graduates

Tanya de Grunwald

This book is endorsed by The Careers Group

This summer over 300,000 students have graduated from university in the UK - but thousands of them will take several months (if not years) to work out what to do next. Here's the ultimate guide to help them take control and start their future careers.

This summer and every summer, thousands of graduates don a gown, toss a cap high in the air, and get patted on the back for making it through uni - only to be struck by total paralysis. After years of lectures, late nights and laughs they are back at their parents' house, working their old holiday job (or watching daytime TV) and rapidly slipping into a pit of despair.

This summer, they should **STOP**. Take a breath and use this book.

Where traditional careers guides are pitched at motivated 21-year-old jobseekers that already have some idea of what they'd like to do, **Dude, Where's My Career?** is the first really helpful handbook for the real-life graduate who's unprepared, uninspired, overwhelmed, freaking out – and losing confidence fast.

Whether they're indecisive, scared or just plain lazy, this guide - including the Three-Day Plan from **The Careers Group** - is the kick-start they need to get back on track. **Dude, Where's My Career?** also includes tips on motivation and self-esteem from **Gael Lindenfield**, psychotherapist and author ² and **Romilla Ready**, trainer and co-author ³.

'Tanya applies her trademark wit and humour to a subject crying out for a fresh approach. Brilliant' Jo Elvin, Editor, *Glamour*

About the author

Tanya de Grunwald is a features writer for magazines such as *Eve*, *Grazia* and *Glamour*. She graduated from Durham University in 2000 and needed this book. **Tanya is based in London and is available for interview.**

About The Careers Group

The Careers Group, University of London, provides products and services designed to help individuals achieve and maintain job satisfaction throughout their working lives through C2 www.c2careers.com. **The Careers Group** works with eighteen colleges and institutions within the University of London (and beyond) offering career related services to students and graduates alike. They also work with a range of public and private sector employers both in the UK and Europe helping them to develop and retain their graduate talent.

To request a review copy or to be put in touch with the author

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