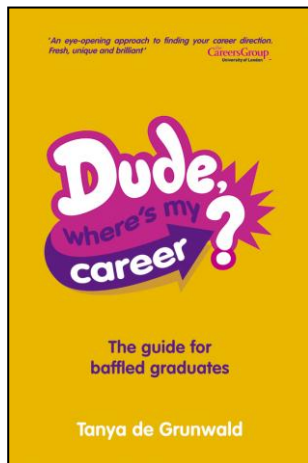


● SUMMERSDALE NEW BOOK RELEASE ●

At last, 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

**Did you know...? This summer over 650,000 students will graduate from university - but thousands of them will take several months to work out what to do next. (The Careers Group [University of London] say over 75% of attendees at their Autumn 2007 recruitment fair had already graduated and were still seeking inspiration).<sup>1</sup>**

Every year, 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 year, 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<sup>2</sup> and **Romilla Ready**, trainer and co-author<sup>3</sup>.

**'An eye-opening approach to finding your career direction. Fresh, unique and brilliant'**

**The Careers Group, University of London**

**'A cheerful companion on the road to finding the right job'**

**Ian Wylie, Editor, The Guardian's Graduate section**

**'An excellent guide - perfect for today's graduate seeking inspiration and direction.'**

**Carl Gilleard, Chief Executive, Association of Graduate Recruiters**

**'This book should be mandatory reading for anyone about to tackle the job market for the first time. Tanya applies her trademark wit and humour to a subject crying out for a fresh approach. Brilliant.'**

**Jo Elvin, Editor, Glamour magazine**

**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](http://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. **A spokesperson is available for interview.**

**Note to Editors – to request a review copy please contact Dean Chant**

**Dude, Where's My Career? The Guide for Baffled Graduates** is published by Summersdale (June 08; ISBN: 978 1 84024 657 5; PB; 256 pages; £8.99). It is available through all good bookshops and internet booksellers or by telephoning Mail Order at Summersdale on: +44 (0) 1243 771 107.

<sup>1</sup>The Careers Group. <sup>2</sup> Author of *The Emotional Healing Strategy - A recovery guide for any setback, disappointment or loss* (Penguin). <sup>3</sup> Co-Author of *The NLP Workbook for Dummies* (Wiley).



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