

Contents

<i>Acknowledgments</i>	<i>ix</i>
<i>Introduction</i>	<i>xi</i>
1 The Changing World of the Mid-Career Professional	1
2 Your Career Is in a Turnaround: A Great Environment for Fresh Starts and New Directions	19
3 What You Do Next Doesn't Depend on What You Did Before: Moving Past the Career Myths	37
4 Assess the Underlying Cause of Your Boredom, Burnout, Retirement, or Firing	57
5 Use the Cause to Find the Cure	77
6 Open Yourself to the New World of Work and Emerging Opportunities	95
7 Enter Your Discomfort Zone: Transitioning to a New Way of Working	121
8 Monitor Your Progress: Signs that You're Going in a Great New Direction	139
9 What Next: A New 30-Year Plan	159

<i>Appendix 1: Financial Issues to Consider When Changing Jobs or Careers</i>	177
<i>Appendix 2: 13 Step Networking Process</i>	181
<i>Appendix 3: Business Plan Outline</i>	183
<i>Appendix 4: Employment Opportunities on the Internet</i>	185
<i>Index</i>	197

<http://www.pbookshop.com>