



Your Job Survival Guide: A Manual for Thriving in Change

Gregory Shea PhD, Robert E. Gunther

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"The beauty of this book on top of its life-saving timeliness is its capacity to give the reader concrete steps to live the good life and enjoy it. The book made me understand that work can be more fun than fun."

–Warren Bennis, Ph.D., University Professor, University of Southern California, coauthor, *Judgment: How Great Leaders Make Winning Calls* and *Transparency: How Leaders Create a Culture of Candor*

Change. It's your job. It just won't stop. It's relentless. It keeps coming at you like never-ending rapids in a permanent whitewater river. Change will burn you out if you don't learn how to handle it. This book is not, however, about mere survival. It is about *thriving* amidst the challenges of your permanent whitewater world at work.

- Protect your career, improve your resilience, and seize the opportunities in turbulent times
- Take charge, learn to pace yourself, set your own course, and lead others in ad-hoc teams
- Ride the rapids and rediscover play and adventure in today's demanding work environment
- Learn from research and the experiences of hundreds of professionals in industries from energy to telecommunications to financial services to health care

There's nothing abstract or cute about the way this book talks about change: This is practical, grounded knowledge for managing your life in a business world that's churning with change. Gregory Shea, Ph.D. and Robert Gunther show how to keep your working life on course instead of being pushed beyond your limits...find fun and fulfillment...regroup and rebound from failure...protect yourself from events you can't predict...take charge of your life, and your future!

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