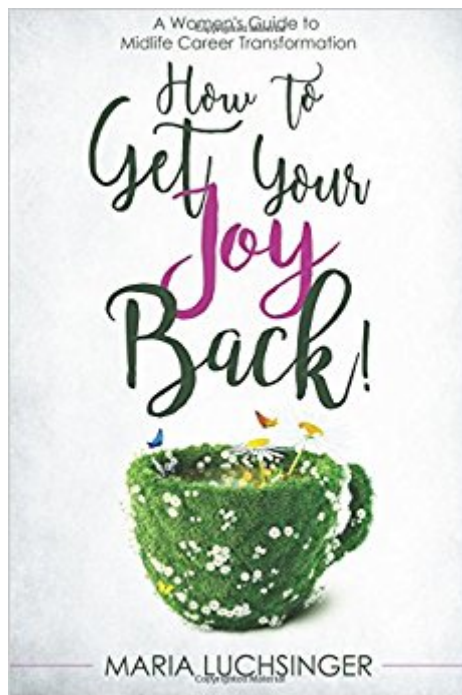




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# How To Get Your Joy Back!: A Women's Guide To Midlife Career Transformation



## Synopsis

Are you ready for a change? ã ã Rediscover your joy and plan your new direction. ã ã Find out how your strengths intersect with your best career options. Gain more freedom to spend time the way you want. ã ã Learn how to develop multiple streams of income. ã ã Whether you want to shift gears in your current job, explore a new career, or launch your own business, this guide will show you how to feel energized and motivated to fulfill your life's purpose every day!

## Book Information

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## Customer Reviews

This book is an excellent tool for women that want to become empowered, go to the next level in their lives, and start following their purpose. ã ã I recommend it as a must-read. -Althea Ledford, Editor of E The Magazine for Today's Female Executive ã ã A practical and soul-nourishing balance of strategies to support your career goals. Vibrant with possibility! -Ana Rosenberg, Best-selling Author ã ã Maria Luchsinger's book takes you through the journey to understanding where you are, where you want to be, and how to get there. ã ã It's a complete self-coaching program in one book. -Laura Rubinstein, CHt, Best-selling Author of Social Media Myths Busted ã ã

Maria Luchsinger is a teacher, speaker, and founder of the Women's Career Transformation Network. Using 30 years of work experience in the fields of education and business, she coaches women so they ã ã can transform their careers and find joy in balanced lives. ã ã She loves to read, travel, and play the piano. For a free ebook and more information visit ã ã [marialuchsinger.com](http://marialuchsinger.com).

I spent nearly a decade examining my state of indecision and scarcity of joy, learning quite a lot about self-improvement from life and career coaches and many, many books. Much of what I learned is summarized in this book: life coaching techniques, doing a ton of career tests, plotting the key points and accomplishments in your life, etc... Plus, for aspiring writers or speakers, there's a good section on writing, getting published, speaking more effectively, and digital marketing (a must nowadays). It may seem a bit out of place, but then again, everyone seems to be writing a memoir these days, and in today's digital world, you need to be loud and proud. All in all, based on my path, I can tell that Maria knows her stuff and has synthesized what might otherwise take you a decade of your own to figure out. It's kind of like the Cliffs Notes of finding joy. By no means is this book perfect (but none is), but it really does introduce many of the tools needed to navigate towards joy. For me, it was a wonderful refresher! For those who are ready and willing to use the many, many resources she lists in this book and do a little independent research when a concept is foreign--whether you're a woman or a man--take the dive! The info is practical and straightforward. Plus, if you are limited on time or attention and want a lay of the land before diving deeper, this is for you--but remember, to get the most out of this book, you must do the work, not just read the book! All and all, this book is a great primer for those who want to better align themselves and/or their lives with their internal compass, to find more joy. Don't be misled by its imperfections; this book is useful for not only midlife career transformers that are female nor those new to tools like LinkedIn; there is a bunch of info for anyone, mid-life or not, female or not, tech-savvy or not!

This book provided unexpected insights. The first section starts you on the path to analyze and make personalized, informed decisions, I was interested in the portion regarding balancing retirement with work. I recently made a decision to retire based on what felt right: leaving an unsatisfactory workplace, a plan for decent income and a long list of to-do projects that had backed up over almost a 15-year period (I believe there may be a few of us who retired on this thinking). The to-do projects hummed along, yet there was something missing and I wondered if I had made a mistake. Via well-selected resources, I pinned down my strengths (not many surprises) and my major weakness (huge surprise)! I discovered the reason why my last job felt so wrong - a good skills match but discordant values match. I realized accomplishing is not the same as accomplishing with purpose. With tools in hand to find a good match of skills/strengths and values, I am in the process of making informed additions to my life, rather than thinking I should completely change everything. Thank you very much to the author for a book of actual, practical tools that enable

self-motivation.

Well written & jammed packed with resources to help you move forward in your life, in whatever direction that might be, to be fulfilled and have a joyous life. By following the author's knowledge and well researched resources, the only way you cannot get where you want to be, is if you don't pick up the tools that are laid at your feet after reading "How To Get Your Joy Back". Quoted from her book, " The difference between moving ahead & staying stuck is about what is going on inside your mind. Move ahead as if you cannot fail."

I have also had the pleasure to work along side of Maria and I have always been amazed at how much compassion and careful consideration she has for detail. Maria Luchsinger's book is a must read for those who are seeking the courage to begin a new journey. A new path into the world of business and becoming their own boss. Or to simply enhance the business they are currently in. I have known Maria for many years. I have also had the pleasure to work along side of Maria and I have always been amazed at how much compassion and careful consideration she places into each detail. "How To Get Your Joy Back" takes you on a journey that guides you each step of the way; providing useful guidelines along with web sites and links that will assist you in making educated choices. Maria, I commend you for such a challenge in gathering the details that lay open in your book for others to follow and for having the courage to dive into such a task that others only think about. Dr. Monica Dunnagan P.h.D Organizational Psychologist

This book is a great guidebook for people who want to rethink their career path, and it's a treasure trove of resources for people who are building businesses. In addition, an extensive special section for aspiring writers offers excellent information about writing, publishing, and marketing a book. Maria Luchsinger also effectively addresses the challenges that many women face when trying to balance a career with family life, self-fulfillment, and good health. I especially appreciated her practical tips on using social media. This book would be a wise investment for anyone wanting to change careers, build a business, write a book, or pursue a path of self-discovery.

Maria Luchsinger gives you practical tools and strategies to figure out how to design your ideal career and make a plan to get there. Her inspirational book is full of encouragement along with many clickable resource links to help you with your career transformation. It would be a great

addition to your reference library.

A fantastic on-hand resource to easily navigate to proven resources on the web. I have both versions of her book and love the interactive way to navigate to other recommended sites from my tablet. Maria has compiled a great guide for those of us who would like to start our own businesses, know more about ourselves to get there, and how to choose our path to joy. Great addition to my library!

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