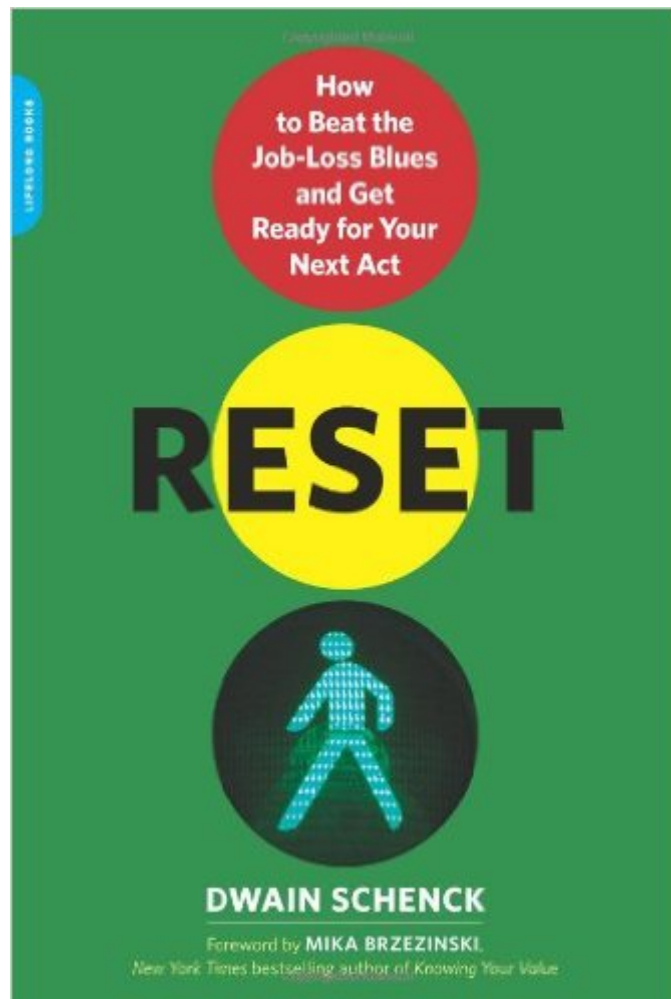


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# Reset: How To Beat The Job-Loss Blues And Get Ready For Your Next Act



## Synopsis

Welcome to the new world of job insecurity. Layoff. If you haven't experienced one, you know someone who has. Dwain Schenck speaks with authority; not only has he seen energetic, talented, and accomplished friends undergo the stress of job loss, but he, too, has felt the sting of being "let go." *Reset* is the uncompromising portrait of Schenck's journey: a successful journalist and communications professional who joins the ranks of the unemployed during the most dismal job market in modern history, his initial reactions of denial and depression sabotage his morale and motivation. Then, with the assistance of friends, wisdom from experts, and good old-fashioned creativity and tenacity, Schenck turns his attitude around. The hard-won, valuable advice and techniques in these pages can work for anyone concerned about job loss or keeping a job. *Reset* can position you to get back on your feet, often landing in a better place. Schenck covers a wide variety of topics with a humorous, light touch that balances the serious subjects within, which include: The Emotional Phases of Unemployment Who Am I? Insecurity and Uncertainty Rules for Effective Networking Knowing Your Value in a Buyer's Market The Social Life of the Unemployed Mastering the Art of Reinvention With insight and inspiration from Mika Brzezinski, Donald Trump, Christine Hefner, Mort Zuckerman, Susie Essman, Donny Deutsch, Larry David, Joe Echevarria, Mike Barnicle, and Joe Scarborough

## Book Information

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## Customer Reviews

Anyone out of work or who just landed a job recently will be floored by this part memoir, part how-to book, when it comes to the perfect blueprint on how to keep your sanity while looking

for a job in one of the worst job markets since WWIIâ especially if youâre nearing 50. Reset takes you on the authorâs journey of being let go â for the first time in his life â and what it was like trying to land another job when no jobs existed around the tail end of the Great Recession. What kept me flipping the pages though was the self deprecating humor he injected throughout the story, that at times had me laughing out loud. Itâs not all fun and games of course and thatâs what makes the story so authentic and readable. He is able to tell an otherwise dark story with a lightness that gives us all hope that we will work again. I was in his shoes a few years back and all I kept thinking was how he is saying in this book a lot of the things I thought but never actually said or put on paper. I love his descriptions of how quickly his home life changed after being let go and could painfully relate to the rollercoaster lifestyle of interviewing and dealing with all the rejection. Mr. Schenck has hit the nail on the head with this book. There is tons of valuable advice here and he took the time to interview a real cross section of America â from celebrities and business moguls like Donald Trump and Mort Zuckerman to psychologists and recruiters and jobseekers, to shed light on how to land a better job as quickly as possible. I highly recommend this book to anyone looking for a job or who has a loved one or friend who needs some real-world pointers on how to make it happen!

I am not unemployed. Yet, we live in a time where anyone , when we least expect it, could be found looking for a new job. This book gave some real good advice on how to deal with unemployment. It also gave advice on how to plan for it so if the time did come, you would know how to handle it. The book started out slowly and then really picked up steam. It took a fairly mundane topic and turned it into something interesting and very funny. The book is topical, filled with many anecdotal stories and a must read. Dwain Schenck is a masterful author. I'm looking forward to his next book.

Let go, terminated, fired...we've all been there, left devastated and alone. For those of us cast adrift, there comes a bracing tonic in the form of RESET, one man's travails with unemployment. Dwain Schenck's story shows us the way over the turbulence with grace and humor. The author is no professorial type in lab coat and clipboard but someone who has been in the trenches of unemployment. Supplementing his courageously told personal story are the reflections of many familiar public faces whose insights shine a light down the path to reemployment. RESET is a fun read and a valuable one, not just for the unemployed but for anyone trying to figure out the crazy world in which we live. Run, don't walk to buy this book...more than fun and valuable, it's a must read!

My husband is presently unemployed and is struggling with the many issues shared in this sobering book. I just finished reading it and I have a better perspective on how he is feeling . I think it is valuable for partners to both read this book when going through this challenging time.

Great book sharing authentic life realities in this unfortunate economy. Besides self-deprecating humor it offers glimpses how HR functionaries and hiring corporate executives in this time of struggle tend to dodge potential candidates, with some clues for the eager interviewee how to navigate the hurdles. There are some good rules to follow for making job-seeking a full time assignment in itself. It moves quickly and easily through some interesting connections with famous people and their wisdom on solutions for flexibility to consider career change and / or self-employment. Focusing on the personal strengths and talents rather than the old career paradigm, the writer survived with his sense of humor and also with determination not to get bogged down by disappointments. Great read for everyone who knows a job-seeker anywhere --- family or friends !!!

An excellent read, I highly recommend Reset to anyone who has ever worked for a corporation, a non-profit, the government or owned their own business. That is basically everyone will find this book enlightening and entertaining. The book is a good combination of humor, raw honesty, anecdotes and advice on how to handle a turning point in your career. If you are in transition, Reset could surely give you a leg up and help you keep your head on straight. But even if youâ™ve never been laid off and are working now, this book is worth adding to your library. Reading about the authorâ™s experiences, mixed in with counsel from corporate leaders and wisdom from career experts, is a fascinating and a valuable exercise.

Author is relating his experience looking to find new employment after being laid off. Not your typical "how-to" (which I liked), but rather some excellent insights for others going through the same challenge. He includes the advice of a number of knowledgeable people he sought out, and I thought it was sound and practical. It was as much about personally dealing with the experience as it was about advice on going about it.

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