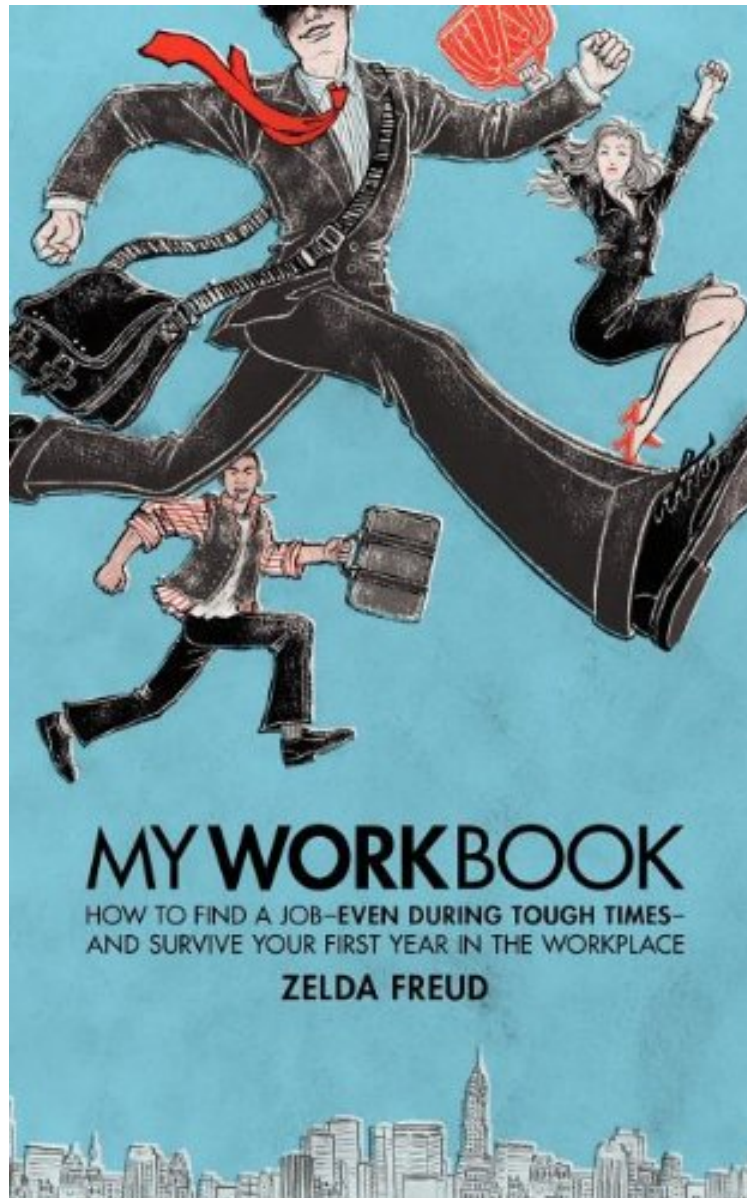


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## **My Work Book: How to Find a Job - Even During Tough Times - And Survive Your First Year in the Workplace**

*Zelda Freud*

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## Work Book: How to Find a Job - Even During Tough Times - And Survive Your First Year in the Workplace:

Finding a job and settling into the first year in the workplace are definitive phases in the life of a twentysomething. MYWORKBOOK will guide you through the challenges and doubts of your job search, and it will offer tips and insights on how to survive your first year on the job. A QA section covers topics that are challenging for recent college graduates from the job search to the actual first year of work experience. An interview section displays top Do's and Don'ts from five professionals, from a Sony Music Contract Coordinator to a Deloitte Touche Director. With the state of the current market and the uncertainty of what's going to happen next, it is more important than ever to submit high quality resumes and cover letters during your job search, and to work even harder to make sure nothing is falling through the cracks as you start your first working experience. MYWORKBOOK will bring the best out of you and make you shine like a star!

About the AuthorZelda Freud is an HR Manager at RFBinder, a New York City global communications management agency of the Ruder Finn Group. She was hired in 2006 to create the firm's HR structure. She is in charge of recruiting, professional development, annual 360-degree assessment processes for all 80 staff members. She also provides career management guidance counseling in employee relations. Prior to her arrival in the U.S., Zelda was a Research/Teacher Assistant at the Univ of Geneva, Switzerland in the Faculty of Psychology HR. She was also a Project Manager at a Career Guidance institution in Geneva, developing career paths for young professionals unemployed. Zelda has a BA degree in Psychology Master's degree in HR Organizational Psychology from Univ of Geneva. She also obtained a Master's in Media Ecology: Communication Studies from New York Univ. Zelda was born in Italy, has lived in Milan, Paris, Panama City Geneva. She resides in Williamsburg, Brooklyn with her husband.