



Cope with Change at Work

Sue Stockdale

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In these turbulent economic times it seems that change is now, ironically, the only constant. If you have found that your job has changed (or been lost) in ways that you cannot control, then this is the book for you. Whether it's your manager, your job, your employment status, your working style, or your industry that's changing, this book is full of practical tips. And it's not written just for managers either - this book is written for people who are going through change, rather than those who are trying to implement it.



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