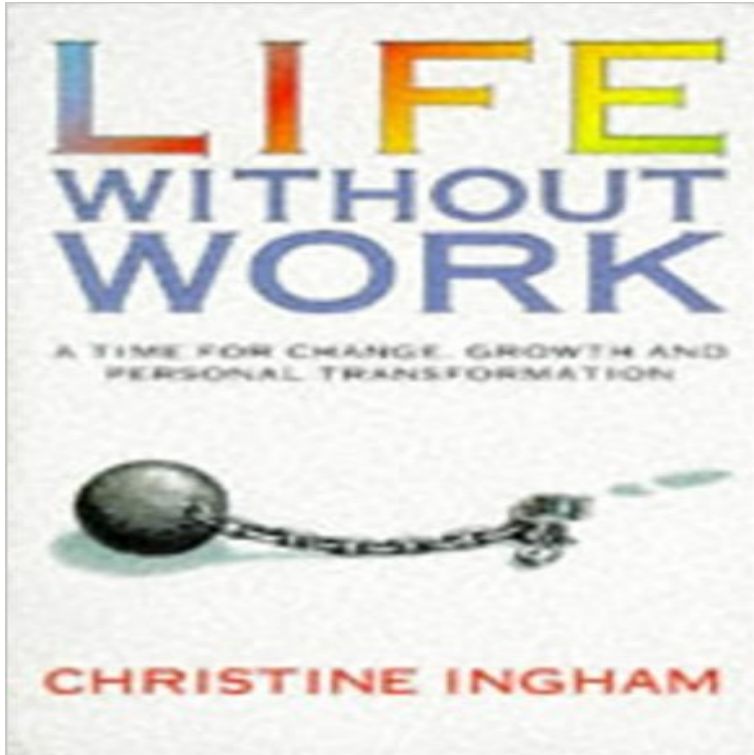


# Life without Work: A Time for Change, Growth and Personal Transformation



Whether bank clerk, coal worker, school leaver or solicitor, we will all, at some time in our lives, find ourselves without work, whether for two months, two years or longer; whether because of unemployment, disability, redundancy, retirement or even choice. This book is for everyone who is faced with this important life challenge - offering advice on how to manage successfully a life without work. Drawing on her own experience, Christine Ingham reveals how circumstances in what might be a difficult, even distressing time, can be harnessed and used as agents of change, growth and personal transformation; a window of opportunity through which a chance to begin shaping your new life and way of being in the world into something infinitely more fulfilling and personally rewarding can be glimpsed. Through an investigation of the many aspects to being out of employment, the book provides a springboard for your own ideas and new starting-points, while also addressing how to deal with the more difficult issues which can present themselves.

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