



**MY WORK IS HURTING ME
And I've decided to bounce back**
Monique Soucy

A guide for those who are dissatisfied with their job and want to make the switch to inspiring and creative work.

208 pages

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Éditions de l'Homme

> Rights of the previous edition sold to Spain.

Does the title of this book speak to you? If so, it's possible that fears are paralyzing you and that you've become a master of self-sabotage, the most common causes of stagnation in an unsatisfying job. Lack of recognition of your talents and weak self-esteem may explain your hesitation to make the change to a job that really suits you.

Getting enjoyment from doing work that is profoundly suited to you is entirely justifiable. This book helps you to understand what's at play when you begin to reorient yourself professionally.

The author's approach downplays fears, throws fresh light on the situation and, in particular, motivates you to take action. What if "earning your living" wasn't just about "meeting your needs", but was instead about providing a salary for your soul?

Strong points

- Over 6000 copies of the first edition sold.
- 30% new, updated content
- The step-by-step approach is tailored to everyone who is dissatisfied with their job.
- The psychological considerations discussed help make clear how the past influences the present.
- The clear and precise approach means everyone who wants to can choose a job tailored to them.

Monique Soucy has a degree in the psychosociology of communication and is trained in vision management in the workplace, as well as in gestalt psychotherapy. As a psychosociologist and coach, she has been offering individual consultations for more than 25 years.