

For Immediate Release - March 2009



HOW TO GET A JOB...IN A RECESSION
A timely new book by Harry Freedman, Chief Executive of Career Energy

Are you a victim of the recession?
Need to get back into work quickly?
Then this book is essential reading!

The very first book dedicated to job hunting in the current recession is being launched in the UK this month.

How To Get A Job In A Recession by Harry Freedman, Chief Executive of Career Energy and one of the UK's leading career experts, offers advice, encouragement and hope to the hundreds of thousands of workers affected by the economic crisis.

The book comes at a critical time, and not a moment too soon for those desperate to know how to get back into work quickly. Redundancies are rising dramatically, and the number of permanent jobs available is dropping at a record rate. UK unemployment is expected to top 2 million this month for the first time since 1997, and could reach 3 million by the end of the year.

How To Get A Job In A Recession contains self-assessment checklists and questionnaires to make applying for and getting a job simple. If you're already a victim of the recession, or fear you may soon be, then this book is essential reading.

Freedman said, "When you are hit by redundancy in a recession you can't leave your job search to chance. You must try to get ahead of the game. *How To Get A Job In A Recession* is about helping you look for jobs more successfully than everyone else. Although the number of jobs is falling, there are still plenty of new opportunities coming onto the market. This book puts you in the very best position to take advantage of those opportunities."

Freedman worked at senior levels across many industries before starting Career Energy, the UK's most successful careers consultancy. Having made frequent career changes, he found that by identifying his dominant skills, interests and values, he could identify new directions for himself. It is these techniques that are explained in this book.

How to get a job in a recession is published by Infinite Ideas, and is available for £9.99 at retailers across the UK and amazon.co.uk from 23 March 2009.

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Notes to Editors

Harry Freedman's Background

Harry Freedman PhD is the Founder and Chief Executive of Career Energy. He has a broad career background having worked at senior level across many sectors including hospitality, technology, healthcare and not-for-profit. His interest in helping people to develop their careers stemmed from his own experience in making frequent career changes. He found that by identifying his dominant skills, interests and values he could identify new context and directions for himself, and when he founded Career Energy, these techniques became the core principles behind the company's work. Harry's formal career management experience was gained with leading providers of corporate career services, and informally as an employer and a coach in the voluntary sector. His academic qualifications include first and postgraduate degrees in Psychology, Philosophy and Aramaic.

About Career Energy

Career Energy was formed in March 2002. Since then we have helped clients of all ages and experience to progress their careers. Some have set off on a completely new career path, others have found new jobs in their existing fields.

Each of our clients works with their own personal consultant. This relationship is critical in ensuring that we provide you with effective career support. We take great care to match you with a consultant who we believe is right for you. No two clients are the same and our work with you will reflect your individual needs.

Career Energy consultants are fully experienced career management professionals. We have all had successful careers before moving into career management, and our diverse backgrounds provide us with a depth of knowledge of the world of work which informs everything we do.

Because we are a team of professionals, with different personalities and career histories we can ensure that we pair you up with the right consultant. You will work with someone who understands you and your background and with whom you can develop a successful relationship. Working with the right consultant is one of the most important elements of effective career advice; we believe that our breadth of experience and expertise is unequalled.

Endorsement from Career Energy's clients can be found at
<http://www.careerenergy.co.uk/testimonials.shtml>