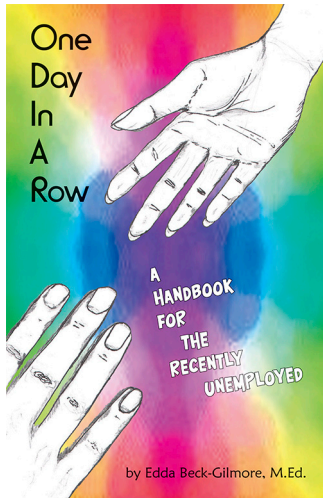


One Day In A Row

A Handbook for the Recently Unemployed



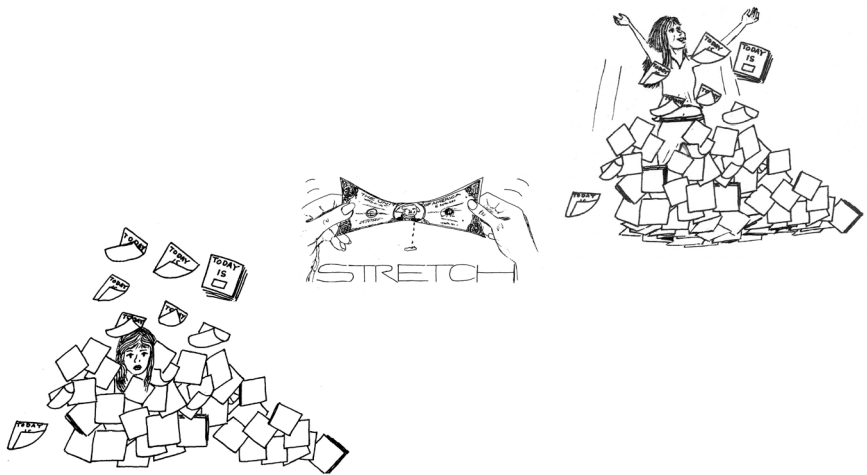
Are you anxiously ambling and rambling through the maze of our current American economy? Let *One Day In A Row* help you navigate your way through with humor, perspective, and practical suggestions. First suggestion: read this book.

You'll find sensible steps to follow to help regain control of your finances (and your life)! Messages of positivity and entertaining illustrations inspire the solutions you need for the logistical and personal challenges that can come with financial stress.

If you're on this journey, or know someone who is, *One Day In A Row* shines a light on new opportunities for growth and fulfillment well beyond dealing with unexpected changes in employment.

The twelve chapters discuss:

- The Stages of Adjustment
- What To Do in The Long Haul
- Being Downsized - The Gift that Keeps On Giving
- The Roller Coaster of Good Days and Bad Days
- How to Help Yourself
- How to Help Your Unemployed Loved One



"With humor, insight, and empathy, Edda Beck-Gilmore offers the recently unemployed not only hope for a better future but also a practical guide to coping with the shock and challenges that come with losing a job."

- Eric Gilmore, Freelance Sports Writer

Edda Beck-Gilmore, M.Ed., has been a Learning Specialist for over 30 years, a fact that is simultaneously satisfying and startling to her. In *One Day In A Row*, using her ever-present wit and positive energy, she guides you and encourages you step by step through the hazards of today's economic challenges. Having recently experienced downsizing in her own family, Edda knows the terrain of the Land of the Laid Off. This firsthand knowledge and her enjoyable style make *One Day In A Row* an easy and helpful read.

Autographed copies available

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