

NEWS OF BOOKS

Can Getting The Pink Slip Be The Best Thing That Ever Happens To You?

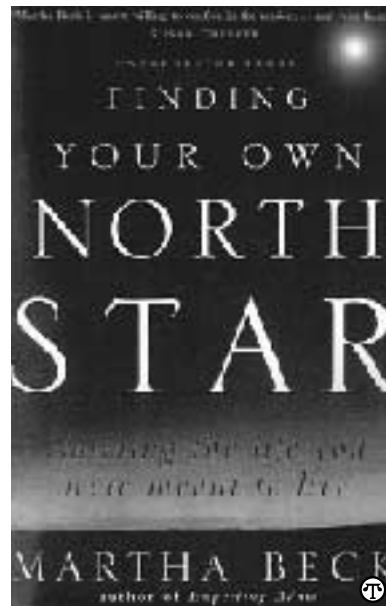
(NAPSA)—Day after day you hear about layoffs. Although being fired can be traumatic and painful, it also allows us the unique opportunity to reevaluate how we want to spend our lives.

Author and creator of Life Design Inc., Martha Beck has helped hundreds of people find a new direction for their lives. In her latest book, *Finding Your Own North Star* (Crown Publishers, \$24.95), Beck helps readers to discover where their passions lie and guides them toward the careers that can leave them the most satisfied and inspired.

In *Finding Your Own North Star*, Beck uses dozens of practical exercises, case studies from her clients, and her highly unique (and funny) voice to give readers the tools necessary to forever change their lives. Beck herself experienced a life change several years ago when she was told her unborn child had Down's syndrome, which she chronicled in her critically acclaimed book, *Expecting Adam*. After deciding to carry to term, Beck assumed it would ruin her teaching career at Harvard, where she was on tenure track. Once her new baby, Adam, was born, she left Harvard behind and traded in her tailored suits for beach shorts. As she adjusted to her new life, Beck learned to embrace change and the



Martha Beck



The journey to find your life's direction and a more rewarding job may start with this book.

transformations that came with it—good and bad. She is now more successful and happier than she's ever been.

Beck will be the first to admit that going through a change cycle can be very challenging. But *Finding Your Own North Star* will ultimately lead many people to a life filled with purpose—where happiness is always the star that guides them.

For further information, you can visit Martha Beck's Web site at www.marthabeck.com.