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How to Rebound From a Wrong Career Choice

WHAT if you're not happy in your job? Is it possible that you're in the wrong career entirely?

This conundrum is all too common. The pressure to "be" something starts early in life. Many children move past wanting to be professional athletes, rock stars or astronauts, but then their parents, peers and teachers begin to exert influence—maybe before young people even know where their inclinations lie.

"The way that people pick careers is incredibly primitive," said Nicholas Lore, founder of the Rockport Institute, a career coaching firm, and author of "The Pathfinder." It's no wonder, then, that so many people are dissatisfied with their jobs, he said.

Consider the mother who helps persuade her son to become a lawyer, the father who urges his daughter to train to be a doctor or the student who picks a college major nearly at random because it's time to declare one, or because it may lead to a job with a high salary.

In these cases, education may well lead to internships, first jobs and, soon, experience and decent money in careers that seem unstoppable. Except for one thing: the work doesn't feel like a true calling.

Disillusionment can seep in quickly as a job plays out day to day. You may realize that your tasks don't mesh well with your personality or talents. Thus, a research scientist with a vivid imagination may have to focus on one particular area for years and may conclude that there is little room for creativity. A doctor may consider the work to be overly repetitive or a lawyer may see no enjoyment in arguing and dealing with paperwork.

Often, people place too high a value on the external rewards of a job, like money, prestige and power. While

these can be important, a job's intrinsic nature—the types of tasks you do, the skills these require and the perceived meaning and value of your work—are more vital to a sense of fulfillment.



Questioning your career choice is different from not being in the mood to work, finding your work difficult or not liking your boss or your co-workers. But it isn't always easy to tell the difference between disliking a job and disliking your work environment.

"A lot of people who say that they hate what they do actually hate who they do it for," said Barbara Safani, owner of Career Solvers, a career management firm in New York. In that case, she said, they need to work on managing their relationships rather than changing careers.

Unhappiness with your career choice goes to the root of your identity and your sense of authenticity, said Robert I. Sutton, a professor and organizational psychologist at Stanford.

People whose careers aren't the right fit often feel like impostors, even if they are very skilled at their jobs. Another symptom is constant annoyance with the demands being made of them, even though these are reasonable for the business they're in.

An additional warning sign is a feeling that their current work doesn't rank very high in their value system. For example, some people are uncomfortable with the profit motive of the corporate world and would be happier in

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Let's Talk

Dr. Jerry Shapiro

The summer is over for most of us and for many so are the vacations. I guess you might say it is time to get back to the work routine. First and foremost I am asking each and every one of you to please forgive the

mess that is occurring in front of our store. Jo Ann and I have been told that the Plaza will be more beautiful than before. For some of you this mess might serve as an impediment to paying us a visit for your needs. For this I want to remind you that we offer free delivery to any of the major buildings or hotels in the area, and there is no minimum. This policy has been in effect for some time and will continue.

The main subject I would like to discuss is where and how you get your prescriptions filled. I continue to see more and more insurance plans forcing their clients into mandatory

mail order or to a specific chain pharmacy. I have also observed that for many of you the co-pays on the prescriptions continue to rise. I know you are being told that this is a cost saving means to keep the premiums lower on the insurance you do have. Also you might have noticed that the benefits continue to shrink as well. What the co-pay actually does is serve as an anti-utilization tool. The higher the co-pay the less likely a patient is to actually fill the prescription in question.

What we have done is to establish several programs to help you save money and fill your prescriptions with us, which for most is quick and convenient. For those of you who have been forced into mail order or have a co-pay on generics at \$10.00 or more, check with us on how to really save money and have the convenience of a friendly and caring staff. If you need to take a brand name product quite often we will find a coupon on line that will save you some of the expense, especially when you are just trying it for the first time. Do not hesitate to ask us to check for you. We like to feel that we are problem solvers; just give us the opportunity to do it for you!

Favorite Self-Help Books

The right books at the right time can dramatically change your life. There are so many out there that it's hard to know where to start. So—here is a list of favorites. Each is a powerful tool that anyone can use to start living a happier, more effective life.

How to Win Friends and Influence People by Dale Carnegie is one of the greatest self-help books of all time, offering straightforward and commonsense advice. It teaches better communication, how to win over people to support your way of thinking and how to be a more compassionate person.

The Power of Positive Thinking by Norman Vincent Peale shows how to stop worrying, get control of your life and succeed at anything that you put your mind to. The book's main message is that your attitude determines everything in your life, so the more you believe in yourself, the more you can achieve.

Lateral Thinking by Edward de Bono teaches you to attack a problem from every possible angle, rather than using a limited approach. It's a great book for anyone who wants to unlock the power of thinking and transform problems into opportunities.

How to Get Control of Your Time and Your Life by Alan Lakein is for anyone who feels that there are not enough

hours in the day. This little book is bursting with advice on how to identify which tasks will yield the most benefit, being more productive by doing less and even making the most of a coffee break.



How I Raised Myself from Failure to Success in Selling by Frank Bettger is the story of a man who completely failed as a salesman—but then turned everything around and in just over 10 years had enough money to retire. Bettger lets you in on the secrets of being confident, finding out what your client really wants and how to learn the most from your successes and failures.

Games People Play by Eric Berne, MD, explains what's really happening when people interact. Dr. Berne thinks we're always playing "games"—the habits we fall back on, subconsciously, when interacting with other people. Haven't we all met people who play the "Why does this always happen to me" game? Learning about the most common games people play gives us great insight into what really is going on in conversations and can help us avoid getting sucked into games that we don't want to play.



Hints from JoAnn

Not a pleasant topic but a realistic one...

Deodorizing Smelly Shoes



You can prevent odor buildup by not wearing the same shoes everyday.

Give them at least 24 hours to freshen up.



To deodorize a pair of shoes, put half of a scented fabric softener or dryer sheet in each shoe and leave it overnight.



Spread a few tablespoons of baking soda in your shoes and leave them overnight. In the morning, shake out the shoes over the sink or garbage can, and notice how great they smell.



Take a pair of pantyhose, cut off the feet (at the ankle), then fill each foot with standard clay kitty litter and close it with a rubber band, ribbon or a twist-tie. Stick the litter filled stocking feet in your smelly shoes and let them sit overnight. As you might imagine, kitty litter is a very effective absorbent.



Place your shoes in a plastic bag (either separate or together) and put them in the freezer overnight. The cold temperature will kill any odor-causing bacteria. (Talk about cold feet...!)



Crumple up a small piece of black-and-white newspaper and stuff it in your smelly shoes. The carbon in the newsprint absorbs odors.

Quick Fix...Dry Ink Cartridge



If your printer's ink cartridge runs dry near the end of an important print job, remove the cartridge and run a hair dryer on it for two to three minutes. Then place the cartridge back into the printer and try again while it is still warm.

The heat from the hair dryer heats the thick ink, and helps it to flow through the tiny nozzles in the cartridge. When the cartridge is almost dead, those nozzles are often nearly clogged with dried ink, so helping the ink to flow will let more ink out of the nozzles. The hair dryer trick can squeeze a few more pages out of a cartridge after the printer declares it is empty.

Schedule Your Flu Shots

In early September, Uptown Drug will begin administering flu shots to its patrons. Don't wait until it is too late!



If your office has 10 or more interested in getting the shots, we will come to your office.

*Call now for an appointment:
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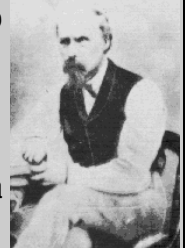
Where'd That Come From?

Phrase: Name will be Mudd

Meaning: Reputation will be ruined.

Example: If word gets out that you are a peeping tom, your name will be mudd.

Origin: A reference to Dr. Mudd, the physician that set the broken leg of John Wilkes Booth. Booth assassinated President Abraham Lincoln by shooting him in the balcony of the Ford Theater. After the shooting, Booth leapt from the balcony, breaking his leg. Dr. Mudd claimed that he had no idea Booth had just shot President Lincoln, however the government sent him away to prison anyway off the coast of Key West.



Sign of the Times



"All the other women in the office are suing you for sexual harassment. Since you haven't sexually harassed me, I'm suing you for discrimination."

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the nonprofit sector.

"I'm not ready to say there's a true calling, but I think there's a better calling for many of us," Mr. Lore said.

If you think a career change is in your future, he recommends saving diligently so you have some "take this job and shove it" money that allows you to make a switch.

At some point, decide whether you're just going to put up with your current job or whether you're committed to change.

Lore's firm conducts extensive testing on clients to determine their personality traits, natural talents and values. Some people are oriented toward the future and possibilities, so a career in marketing or advertising may be a good fit, he said, but a person who prefers dealing with the present and what's right in front of her may succeed as a chef. People with highly developed spatial awareness may do best as architects or engineers, while people who are more conceptual in their thinking may gravitate toward being psychologists or economists.

Most people assume that if they change careers, they'll

have to start at the bottom of the ladder and accept a lot less money, he said. That is sometimes true, he observed, but people can often carry pieces of their former careers along with them and gain a higher salary and position as a result.

If you do find a better career fit, don't expect it to be a panacea. Your new job won't always be fun-filled and satisfying. Beyond the money it provides, "I think it's safe to say that work is overrated," Professor Sutton said. Much of work is spent performing tedious activities that would not be at the top of your list if you had a choice.

Still, people who find a "better calling" will experience fewer of those moments—and will be happier knowing that what they do is compatible with who they are.

from: The New York Times, July 18, 2010

Save a Buck

Organic Food for Less

Organic foods may be healthier for you, but not for your wallet.

They typically cost at least 25 percent more—and sometimes up to twice as much—as their conventionally grown counterparts. But here are some ways to eat chemical-free for less:

- Buy your organics at one of the country's 5,000 farmers' markets. "The produce is grown locally, so it's fresher and less expensive because there's no middleman or shipping costs," says Ronnie Cummins of the Organic Consumers Association. Find a market near you at www.localharvest.org.
- Join a club. You can find prices that rival—or sometimes beat—those for conventionally grown foods through groups known as CSAs (for community supported agriculture), food co-ops and direct-buying clubs, notes Cummins. The Organic Consumers Association maintains a database to help you find local options.
- Print and save. Printable discounts for organic foods are available at some coupon websites, including MamboSprouts and RetailMeNot. It's also worth checking the websites of organic food retailers, such as the organic baby food company Earth's Best and the co-op Organic Valley.



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