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Introduction

1. **The Job Search Roller Coaster**

Fasten your seatbelt, it's going to be a bumpy ride!

The variety of emotions you experience when you lose a job and search for your next will shock and amaze you. Being prepared makes it easier to handle.

2. **When Will I Get Laid Off?**

And what can I do to prevent it?

No one expects to get laid off but it happens to millions of people annually. Here's what you can expect and how to avoid being one of them.

3. **How Do I Look for a Job?**

When I haven't done it in 20 years!

Job search techniques from your last search, whether it was one year ago or twenty, won't work today. Here's what you need to know and do.

4. **Figuring Out What to Do Next**

Can I reinvent myself? Should I?

You have to ask yourself The Hard Questions to determine if this is the right time to change careers.

5. **Circles of Networking**

I'm no good at talking to strangers!

Like it or not, the majority of jobs are filled through networking. But it's not who you know that can help you, it's who you don't know.

6. **Following Up**

How long should I wait?

Finding a job to apply to is hard. Applying is easy. Knowing how and when to follow up is where many applicants lose their way.

7. **Dealing with the Black Hole**

What do I do when recruiters don't return my calls?

Coping with the frustrations when you don't hear back about an interview or if they even received your resume.

8. **You Have an Interview!**

Now what do I do?!?

Many people panic at the thought of interviewing. Understanding the phases and process will help you manage them successfully.

9. **Probing Questions**

What did she mean by that?

When you fully understand the types of questions recruiters use in an interview you will be better able to appropriately answer them.

10. **Answering Tough Questions**

"Why did you leave your last job?" and other fun questions

In interviews you will be hit with tough questions, trap questions and illegal questions. Here's how to recognize them and respond.

11. **Avoiding Self-Sabotage**

Go confidently in the direction of your dreams

Thoroughly qualified candidates do things that undermine their own candidacy. here are a few pitfalls to avoid.

12. **Coping with the Stress of Losing or Finding a Job**

I can't take it anymore!

You want to keep a positive outlook during your search. But what can you do to keep the demons in your head at bay?

13. **Staying Power**

What can I do to keep my job now that I have one?

What can I do to keep my job now that I have one? Getting the job is only step one. Crafting a career is your new responsibility and there are lots of different ways to do it.

14. **So Now What Happens**

How do I put all this to use?

Everything ends up O.K. in the end, and if it's not O.K., then it's not the end.

Appendix –FAQs (and not so FAQs)

Over the years I've learned there is no question too bizarre for a jobseeker to worry about. Here are some of the most common, and some unexpected, quandaries.