

James Reed releases new book *Life's Work* in time for January jobs rush

Life's Work: 12 Proven Ways to Fast-Track Your Career | James Reed | Paperback | £13.99 | 192 pages | Piatkus | Officially published in the UK on 9 January 2020

James Reed – Chairman of REED, Britain's best-known recruitment company – releases his new book, *Life's Work: 12 Proven Ways to Fast-Track Your Career*, in January next year. Published (in audio, kindle & paperback) at a time when 1 in 4 people are searching for a new job in the UK¹, *Life's Work* is a candid, practical and empowering book for those looking to find meaningful work.

Drawing on James's 25-year career and conversations with his extensive business network, the book offers unique and unexpected insights into how to build and sustain a rewarding career.

The origins of the book *Life's Work* are from a talk entitled 'How to get your career off to a flying start' that James has been giving to groups of students and young people for a number of years. These ideas have developed over time to the extent that he can now confidently describe them as '12 Proven Ways to Fast Track Your Career'.

Life's Work is an accessible and enjoyable read, intensely practical and packed with interesting quotes, tips, and 60 golden nuggets of invaluable career advice.

Some key points:

- Determine the kind of career seeker you are and how this should affect your job search
- Play Poohsticks – why a fast-flowing sector will help you to progress more quickly
- Be sustainably selfish – do work you enjoy
- Think in days and decades – being focused on the day-to-day, and also on what you want to achieve in 10 years' time, is the key to being the successful curator of your career
- Find a boss you can learn from – whether you are at the beginning or middle of your career, continuous learning and development are critical to your success and fulfilment

James is a best-selling author of four books, *Why You? 101 Interview Questions You'll Never Fear Again*, *The 7-Second CV: How to Land the Interview*, *The Happy Recruiter*, and *Put Your Mindset to Work*, which he co-authored with Dr. Paul Stoltz.

-ENDS-

¹ Figures for job applications for December 2019 from reed.co.uk

Advance copies, excerpts and interviews with James Reed are available upon request – please contact Laurence James at PHA Group on (0207) 0251 350 or laurencej@thephagroup.com or Jeff Scott on (01273) 692215 or jeff@platypuspr.com.

About James Reed

James is the Chairman of REED - Britain's best-known recruitment company and the largest family-owned recruitment company in the world. 7 million jobseekers visit REED's website each month, and over half say they would welcome career advice. James is a regular media commentator on work and labour market issues, with recent appearances including BBC News, Sky News, BBC Radio 2 and The Apprentice.

About REED

REED is the largest family owned recruitment company in the world with an annual turnover of £1.2 billion.

reed.co.uk is now the #1 job site in the UK. Formed in 1995 as the first of its kind to be offered by a recruitment agency, the site now features over 250,000 jobs at any time.

These jobs come from private and public-sector employers, leading recruitment agencies and consultants from REED's network of 350 global offices

REED receives 40 million job applications every year and has helped more than 150,000 long-term unemployed people get back into work.

www.reed.co.uk