

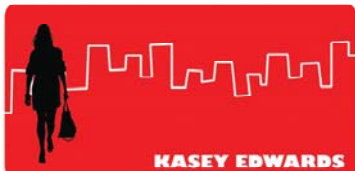
30 Something and Over It

RRP \$34.95

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By Kasey Edwards

Trade Paperback



Kasey Edwards, a successful 30-something, woke up one morning and realized that she didn't want to go to work – ever again. *30 Something and Over It* is the memoir of her journey of discovery into why she'd lost her purpose and meaning, and what she needed to do to find it again.

Kasey's not alone in experiencing a Thrisis as can be seen in the statistics below..

- 98 per cent of people are unhappy in their jobs
- 26 per cent of women at the cusp of the most senior levels of management don't want the promotion.
- One in 15 under-35s have already dropped out of paid work to pursue 'self-improvement', and half plan to do so in the near future
- Dr. Carson-Webb, who specializes in life-cycle dilemmas, said nearly 20 percent of her clients are facing a thirtysomething crisis, or thrisis, suffering from anxiety, depression and burnout.
- Larry Wentworth, a licensed clinical social worker who has his own psychotherapy practice, said a thrisis is very different than a mid-life crisis. Rather than looking back on their lives and acting out with affairs, new sports cars and toupees, disenchanted thirty-somethings are looking ahead and worried about what will happen with the rest of their life.
- Gladeana McMahon, co-director of the Centre for Stress Management, knows the phenomenon only too well. "I work with a lot of highly successful, driven people," she says. "By their mid-thirties, a lot of them are tired. They're sick of life and they wonder what it's all about. They start questioning their values and what they're doing."

Kasey's memoir is the perfect guidebook for those who are either looking for a change in their work lives or perhaps have been forced to do so by the current economic crisis. Written with humour and warmth it's a memoir for all those brave enough to get off the treadmill to reassess, re-evaluate and seek out new ways to find balance and harmony in their lives.

ABOUT THE AUTHOR:

Kasey Edwards has a Masters degree and over ten years experience as a management consultant. She has worked with large organisations in Australia, the United States, Europe and Asia, and has written industry-related articles for newspapers and magazines, as well as articles for the women's consumer press. She lives in Australia and is a frequent visitor to the UK. She is also thirty-something and over it. For additional reading material see <http://www.nytimes.com/2008/12/28/jobs/28pre.html>

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