Contents

Series Preface		vii
Preface		ix
Acknowledgn	nents	xiii
Introduction		Ι
Chapter 1	Dealing with Our Feelings about Job Loss	15
Chapter 2	Thinking about Why We Work	41
Chapter 3	An Alphabet of Spiritual Tools to Cope with Job Loss and Job Search	67
Chapter 4	Ten Questions to Help You Get from Here (No Job) to There (Job)	97
Notes		123
Bibliography		125