



Adventures in the Discomfort Zone: Tales from One Woman's Career Relaunch Experience

Tami Cannizzaro

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It's hard for most of us to leave our comfort zones – even if we initiate the change. Changing jobs or careers—either due to layoff or on our own—forces us to be uncomfortable. Yes, it's painful and sometimes unpleasant. The good news is it's only temporary, and if we press through the "Discomfort Zone" we will usually come out just fine on the other side.

In this ebook, Tami Cannizzaro, author of the acclaimed *Tales of the Terminated: A Humorous Look at Life After a Layoff*, chronicles new experiences, observations and humor about career relaunch, life-threatening illnesses, mean ol' mothers-in-law and monogamous interviewing.

"Tami's been through what most of us working middle-class Americans have been through these last few years. Her gift (one she's always had) is the unabashed ability to see the humor in it. Though it's not always been easy, she refuses to let it dampen her spirits." --Amazon.com Reviewer

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About the Author

A Dallas-based marketer, public relations consultant, motivational speaker and mentor, Tami Cannizzaro found herself facing a minor identity crisis after a layoff. Determined to find the silver lining—after all, there's always a silver lining—she discovered the humor in what can be an unstable and sometimes frightening situation. She chronicled her experiences navigating through this journey on her blog and her first book, *Tales of the Terminated®: A Humorous Look at Life After a Layoff* (2012 Pink Dog Press). Through her books and speeches, Tami hopes to provide inspiration and a few laughs for others who may find themselves on a similar journey.

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