



Without a Job Who Am I: Rebuilding Your Self When You've Lost Your Job, Home, or Life Savings

Abraham J Twerski

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Millions of people confuse who they are with what they do. When faced with the loss of their job, home, or life savings, many struggle not only to keep their head above water financially, but also to maintain a healthy, positive view of themselves and their value in the world.

Whether you are out of work or money, or are afraid of ending up there, *Without a Job, Who Am I?* offers a system of support to help you stay motivated and persevere, as well as develop and sustain lasting values and a solid sense of identity no matter what your material circumstances happen to be.

With more than forty years of experience as a psychological, medical, and spiritual counselor, renowned psychiatrist and author Abraham J. Twerski, M.D., offers time-tested principles and practices for successfully coping with grief, hardship, and trauma to help us rise personally from professional or financial loss. Twerski gives us the tools to stay centered on what really matters by helping us identify what positive self-esteem really is and define the personal values needed to sustain it, deal with the depression and grief that often follow economic loss, examine what worry does for and to us, manage the stress caused by negative emotions, and find familial and spiritual support.

Focused on the central question "Who am I?" Twerski uses actionable advice complemented by inspirational stories to guide us in rediscovering our self-worth when shaken by economic upheaval.

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