

# Punto y seguido. Cómo gestionar el desempleo y crear nuevas oportunidades

New Paragraph: How to manage losing your job and other work changes



**Author:** [Various Authors](#) [1]

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\* This time it's not the academics talking. Listen to the voices of real people actively seeking employment.

\* A group of professionals share their experiences of this arduous task and offer recommendations based on that experience.

2009, the economic crisis treats Spain brutally and, like so many others, a group of professionals from a variety of business sectors see their jobs at risk and many of them end up being dismissed, with the absolute need to reformulate their lives and careers, in addition to surviving their dismissal psychologically and socially. Seven of them meet in the Outplacement agency and share their experiences, giving mutual help in finding a way forward.

2010. This book, the fruit of their and dozens of other people's experience, is published, to give advice and comfort to all those who are or might be going through similar experiences.

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**Address:** Aribu, 142, pral. 08036, Barcelona, Spain

**Contact:** Susana Jiménez

**Phone:** 902 131315

**E-mail:** [susanajimenez@edicionesurano.com](mailto:susanajimenez@edicionesurano.com) [3]

**Website:** <http://www.edicionesurano.com> [4]

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