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Evidence Based Strategies To Thrive In Your Career

vi Study after study has shown that most workers do not feel engaged in their work. This indifference costs billions of dollars in sick days and low productivity. More importantly

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Next time your inner critic starts doubting on you, welcome him/her like an old friend that has come over for a cup of tea way too late at night/early in the morning.

Give them a hug,

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have a cup of
tea, then kindly
show your inner
critic the way
out, reminding
him/her that
'you got this'.
Then continue on
with whatever
awesome thing it
is that you were
doing. And if
there's a knock
at the door? Ha!

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awesome? Ditch
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critic, Ditch Your Inner Critic, is the book you need to help you make the next step in your career. This book uses evidence based strategies to give you the roadmap you need to reach your ultimate career

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fulfillment.

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“Stop allowing
critics to rent
space in your
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Peppercorn. How

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critic. Our inner critic holds us back from living a life we're

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Susan Peppercorn
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How does our
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In our 100th Happiness at Work episode, Susan Peppercorn explains why it's so important to live and work in

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to making better
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growth. I admire
the way she
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takes empirical,
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makes the
insights usable
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thinking.

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back when, we were young moms, balancing a kid or two (or more) on one hand, and a household and perhaps a job on the other. Our lives were hectic and we

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were constantly

•••

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Better After 50

But your Inner Critic has got your best interests at heart. Yes, I'm ducking behind the screen right now to avoid the

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tantrums and
rotten tomatoes
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that could be
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lobbed my way
Thrive In Your
for saying that.
Career
The thing is
that your Inner
Critic's biggest
job is to
protect you. I
know it might
not feel that
way when our
hearts are

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singing the song
of something
exciting and
that voice in
our heads is
ranting about
why it's a crazy
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