

Quotations, Excerpts and Questions

Quotations

These are a few quotes from the book.

On How To Know When It's Time To Go:

“We all have our ups and downs at work, so it's important to define whether you really need to change jobs, or if you're just going through a rough patch you need to work through.”

“Our parents may have just bucked up and taken the ups and downs of their jobs without giving a through to changing careers. They stayed where they were, collected their pensions and retired. Times are different now. People want satisfying, rewarding careers. They're no long content to just punch a time clock. They want a sense of fulfillment from their work and they expect to enjoy their lives now instead of waiting until retirement.”

On Getting Your Transition Started:

“Tap into those secret fantasies about the ideal career for you and then use those insights into yourself to create a workable plan for the future. You've got nothing to lose, other than a missed opportunity because you waited too long. Today you're single, you're free, and the future is wide open. So take off your practical hat, put on your dreaming glasses and dream BIG.”

On Setting Goals And Getting Practical:

“It's more important to just get started than it is to wait until you've developed a perfectly planned course of action. If you wait for things to be perfect, you could be waiting a very long time.”

On How To Get Off The Roller Coaster:

Learn that emotions are natural and accept the feelings that come and go. The trick is to let them ebb and flow while keeping a healthy perspective and feeling good about yourself and your plan for the future. When you accept feelings as a natural flow, you can maintain perspective more easily, even in the midst of emotional turbulence.

Book Excerpt

Use this link to download a [PDF that contains the table of contents and the first chapter.](#)

Suggested Media Questions for Hallie Crawford

Here are a few sample interview questions based on the content of the book:

- What prompted you to write this book?
- What's the one thing that helps (or helped) keep you motivated during your career transition while "flying solo?"
- What are the top 3 reasons making a career transition as a single person is easier than a partnered person?
- What are the pros and cons to being single in career transition.
- Explain the "It's all on me syndrome" and what can be done about it?
- Explain the benefits of building your "dream team" for your career transition as a single.