



Careergasm: Find Your Way to Feel-Good Work

Sarah Vermunt

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Rousing, BS-free advice for aspiring career changers

What is a Careergasm? Does it feel as good as it sounds?

You bet your ass it does. A Careergasm happens when your work feels good. Really good. Like a groovin' Marvin Gaye song. Like you and your work belong together, and you can't help coming back for more.

But how do you get your mojo back when you're in a passionless relationship with your job? In *Careergasm*, Sarah Vermunt leads the way. This playful, empowering book for wannabe career changers is a rally cry, a shot of courage, and a road map charting the course to meaningful work. Filled with real stories about brave people making great stuff happen, this how-to book will help you step out of your career rut and into action. It is written with love and punctuated with laughter. The snorting kind. And the occasional F-bomb. It's a warm hug and a kick in the ass delivered by a straight-talking spitfire who walks the talk and has hundreds of thousands of people sharing her work at *Forbes* and *Entrepreneur*. It's time to feel good again.

Careergasm: Find Your Way to Feel-Good Work Details

Date : Published March 14th 2017 by ECW Press (first published 2017)

ISBN : 9781770413719

Author : Sarah Vermunt

Format : Paperback 288 pages

Genre : Nonfiction, Self Help, Business

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From Reader Review Careergasm: Find Your Way to Feel-Good Work for online ebook

Jess says

It was just ok. I grabbed the book thinking it would be something to help me at my current position, not realizing it was a book to help people quit their jobs and follow their dreams. Had some good tips but overall It was just ok.

Stacey M says

This book is EXACTLY what you need if you are feeling stuck and hopeless in your work life. I am currently in a major career/focus shift in my life and it is terrifying. And this book hit on so many of my panicked thoughts and fears, it was kind of uncanny. I can't recommend it enough to anyone feeling unfulfilled and yearning for a change whether that change be small or massive.

Jen says

Read the rest of the review here: <http://bit.ly/2qwDELr>

After the disappointment of Neil Pasricha's The Happiness Equation, I did not have high hopes for another entry into the self-help genre.

Sarah Vermunt, career coach and founder of Careergasm.com, kicked those doubts to the curb. Dispelling doubts is something Vermunt is intimately familiar with. It makes up half of her day job: convincing you that yes, you can and yes, you will and yes, it's okay to go after the kind of career you actually enjoy and no, that doesn't mean you're going to "live in a van down by the river."

Careergasm: Find Your Way to Feel-Good Work takes a conversational tone that doesn't indulge readers in their excuses. Instead, Vermunt puts a swift (but kind, if you can imagine) kick in your ass to get you moving. She acknowledges your fears, engages with them, confirms them, and then says "but you can deal with it and here's how." It's utterly refreshing to read through a self-help book that claims to offer "bullsh*t-free advice" and then actually does.

Candice says

This book is INCREDIBLE. It spoke to me on a fundamental level regarding all the areas of my career (and life) where I can really dig in and get out of my own way. Wildly motivating and inspiring. A perfect start to the new year.

Crystal Hutchinson says

This is a fantastic book that offers you methods of searching your emotions when trying to determine if you are at your career or choice, or if you need to assess your situation and formulate a plan for a better future. Relevant to everyone, including those satisfied with their current job. Helped me understand my position in my organization a little bit. At times I worry that I have "Golden Handcuffs Syndrome".

Natalie says

As a university career coach I found Sarah's messages to be spot on with what I try to tell my students about not needing to know what they want to do after graduation.

It's a quick and easy read. It speaks to those of us that have any doubts about our career path but are afraid of the risks of change.

The only thing I didn't enjoy was the use of profanity in her writing but I get that's part of her message/writing style.

Sasha Coleman says

This book was recommended to me by a friend who had just finished it. And I have to say I loved it! Usually, I get about a chapter or so into books like this and end up putting them down, but this one I devoured in about a week!

Her tone is witty, funny with a no bullshit sense to it. It also has a really hopeful feel to it which I really need right now.

I've returned the copy that I borrowed, but will be ordering my own copy asap!

Great book!

Jen says

Browsed this and loved how witty the writing is while being completely accurate. It is written in such a way that anyone can understand it though the sexual innuendos that make it lighter to read may offend some.

The Suburban Eclectic says

If you're looking for some straight, no BS career advice, then get ready for your "O" face because Careergasm is that good! Engaging and sage guidance. Told with a heavy dose of humor and real world examples makes this a no-brainer read for those at a career crossroads like me. I found it encouraging and motivating without being pandering or worse boring. Two thumbs up!

Elise says

I feel it's safe to say I've had many Careergasms while reading this book! I was completely inspired and had many ideas spark in my brain. I was also happy to see Sarah at a career conference as a keynote speaker. Her advice and words inspired to achieve my career goals and understand how I can move in the right direction to feel good work!

TippyH says

There were elements of this book i liked. But mostly i found the author self-congratulatory while trying to appear self-deprecating. I thought the majority of the advice was fairly common sense. Although it might speak to someone who is scared to make a change. It was a very easy, quick read - not a bad thing for a self-help book. I guess she got to the point fairly quickly which i liked. However she more focused on making big changes to career paths rather than how to approach work you are already in.

Pía López says

Truly inspiring for those who, like me, feel right in the middle of a career transformation process but don't have all the answers to keep moving. The author reflects on her experience when switching career path and embracing the unknown. Worth reading!

Anna (lion_reads) says

I'm not usually one for self-help books, but I have been addicted to career books lately. Careergasm bring the genre back to life. Reading this book is like having Sarah Vermunt in your pocket telling you to get your shit together.

I love how bright and passionate the energy of this book is. I had a lot of fun adding a bit of teal with my highlighter to the florescent yellow and pink theme. ECW did an amazing production job.

A lot of Sarah's advice is not inundated by wishy-washy "good-on-paper" exercises to try in your quest for a feel-good career. You don't need that. Her examples are real and personal. The questions she poses to you are ones don't feel like they've been lifted from a dry career questionnaire. Instead, she sits you down with your self and makes you lay out all your work experiences in front of you so you can make an informed decision.

This book is a pep talk full of awesome chapters on anything from how to figure out what you actually want to recognizing why your job may not be working for you. A great read for millennial and others, no matter if you are just starting out or if you are ready to pivot in your career. Give it a shot.

Shamama says

This was a light and, at times, an entertaining read. However, I found her career advice sometimes came

across as overly cliché and simplistic (“Do what you love”, “Don’t do something you hate”, “Talk to people who work in your dream field”). Also, I didn’t care for her personal anecdotes as they were quite lengthy and did not add much to the chapters.

Alice Janssen says

At first this book, it missed the mark for me. She comes across as privileged (seriously, it is cringeworthy at times, she lost me a bit at the Kate Spade shopping reference) glib and short sighted. I did find a few good nuggets, but for the large part, there is nothing new at the beginning of the book except for her tone, which is an instagram worthy combination of overly chipper and faux blasé. The privilege is so prevalent. She’s clearly writing this assuming her readers have a deep education and deeper pockets to be able to take risks. If you don’t have a huge safety net, a lot of what she describes is the fast track to financial ruin. As she might say, for me this was a, no, no, nope-ity, nope. The part I liked was some of her vulnerability. She’s very honest about her career curves, as she calls them, and encourages her readers to embrace reality and make the most of it. Unlike many career books which state their premise and then reiterate several times and then peter out, this book got stronger as it went along and she drops the need to seem super hip and cool.
