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Are You a Corporate Refugee? : A Survival Guide for Downsized, Disillusioned, and Displaced Workers

Ruth Luban

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Are You a Corporate Refugee? : A Survival Guide for Downsized, Disillusioned, and Displaced Workers Ruth Luban
During the mid-1990s, 1 in 16 workers were displaced by downsizing, reorganization, or corporate mergers and acquisitions. Ruth Luban, a counselor who specializes in recovery from job loss, recognizes that leaving the workforce causes not only a loss of income, but also of identity, structure, and community. Her step-by-step program addresses these problems and explains how to work through them. Using case studies, exercises, and informative sidebars, she identifies the five emotional stages of job loss:

• On the Brink
• Letting Go
• In the Wilderness
• Seeing the Beacon
• In the New Land

Luban shows how to move through the emotional upheaval of job loss and return to the workforce with a sense of control and direction.

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