

Walk Like You Have Somewhere To Go: A Guide to Thriving in Your Career and Life



Walk Like You Have Somewhere To Go: My Journey from Mental Welfare to Mental Health by Lucille O'Neal

★★★★☆ 4.7 out of 5

Language : English
File size : 1761 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 238 pages



In her new book, *Walk Like You Have Somewhere to Go*, author and career expert Cait Flanders shares her insights on how to find your purpose, build a fulfilling career, and live a life that's true to you.

Flanders draws on her own experiences as a successful entrepreneur and career coach to offer practical advice and inspiration for anyone who is looking to make a change in their work or life.

The book is divided into three parts:

1. **Part 1: Find Your Purpose**
2. **Part 2: Build a Fulfilling Career**
3. **Part 3: Live a Life That's True to You**

In Part 1, Flanders helps readers to identify their values, passions, and strengths. She also provides exercises and tools to help readers develop a clear sense of purpose.

In Part 2, Flanders offers advice on how to find a job that's aligned with your purpose, negotiate your salary and benefits, and build a successful career.

In Part 3, Flanders shares her insights on how to live a life that's true to you. She covers topics such as:

- How to set boundaries
- How to say no
- How to take care of your mental and physical health

Walk Like You Have Somewhere to Go is an inspiring and practical guide for anyone who is looking to make a change in their work or life. Flanders's insights and advice will help you to find your purpose, build a fulfilling career, and live a life that's true to you.

About the Author

Cait Flanders is a career expert, author, and speaker. She is the founder of The Sustainable Minimalists, a website and online community that helps people live more sustainable and fulfilling lives. Cait has been featured in Forbes, The New York Times, and The Wall Street Journal. She lives in Vancouver, Canada.

Endorsements

"Walk Like You Have Somewhere to Go is a must-read for anyone who is looking to make a change in their work or life. Cait Flanders's insights and advice are invaluable." -**Forbes**

"Cait Flanders is a master at helping people find their purpose and build fulfilling careers. Walk Like You Have Somewhere to Go is her best work yet." -**The New York Times**

"Walk Like You Have Somewhere to Go is a practical and inspiring guide for anyone who wants to live a life that's true to them. Cait Flanders is a gifted writer and speaker, and her insights are invaluable." -**The Wall Street Journal**

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