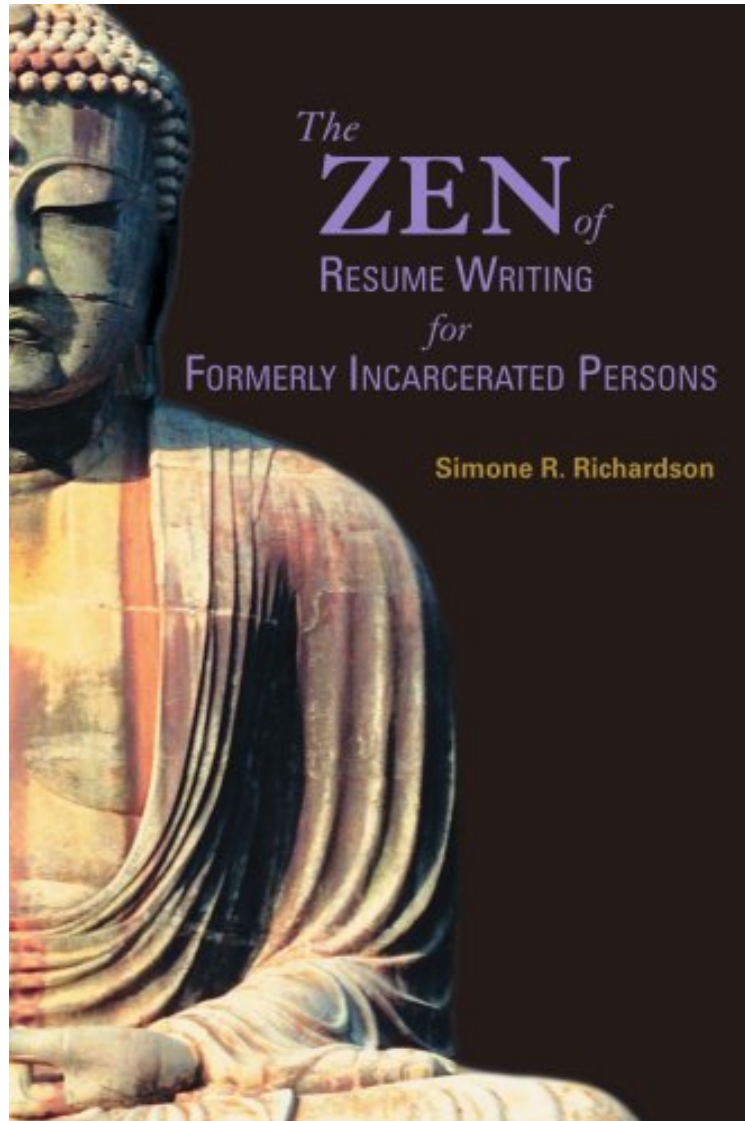


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The Zen of Resume Writing for Formerly Incarcerated Persons

Simone Richardson

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Simone Richardson : The Zen of Resume Writing for Formerly Incarcerated Persons before purchasing it in order to gage whether or not it would be worth my time, and all praised The Zen of Resume Writing for Formerly Incarcerated Persons:

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helpful. An outstanding book that can really help ex-offenders. By Michael Arconti If there is someone in your life that is a formerly incarcerated person, you should recommend this book to them. In this day and age, and with the way the job market is, ex-offenders need every little bit of help available to them. Looking for a job is stressful enough, but an ex-offender has it 1000 times worse. This book will give them the extra edge that is needed. Topics include not only resume writing and interviewing techniques, but also relaxation and meditation techniques that can help them through that stressful time. So please, give this book to an ex-offender to get them back on the right path of life, so they can start living a productive life to the fullest. Kudos to Ms. Richardson for writing such an outstanding book that is sorely needed.

The Zen of Resume Writing for Formerly Incarcerated Persons provides helpful resume writing techniques, basic cover letter writing, interviewing skills, and job search tips. In addition, the resource identifies meditation techniques to help resume creators maintain a calm mind and body in preparation for resume writing. The Zen of Resume Writing gives the reader an understanding of how the principles of Zen Buddhism can not only aid in resume writing, but help relieve suffering in daily life. The Zen of Resume Writing helps readers awaken awareness, compassion, wisdom, happiness, and enlightenment by providing peaceful meditations. The resource includes the techniques of sitting meditation, stress reduction meditation, walking meditation, and other meditations to calm and unclutter the mind, and allows the reader to practice getting in touch with the true nature of the mind. Why use meditation? Research has shown that meditation may benefit the body by stimulating the parasympathetic nervous system. The parasympathetic nervous system controls the "rest and digest" response in the body which is a system that slows the heart and breathing rate, and causes the blood vessels to dilate thus improving blood flow.

About the Author Simone R. Richardson earned a B.A. in Communicative Disorders, and a M.A. in Communication from The University of Akron, Akron, Ohio. She holds a Master of Library Science degree from Kent State University, Kent, Ohio. An avid "person, who meditates," Simone currently works as a librarian in Akron, Ohio.