

BACK COVER *“How To Take Control of Your Own Life: A Self-Help Guide to Moving Forward”* by Cathy Harris

Self Help

THIS BOOK WILL GIVE YOU WHAT YOU WANT AND NEED.

Are you, a family member, a friend or neighbor having a “temporary setback” because of the current administration, the outsourcing of jobs and the downsizing of corporations? If you answered yes to this question – then this book is for you:

You Will Learn:

How to Be Accountable in Your Personal Life

- How to Survive Unemployment
- How to Save your Home
- How to Get Your Finances in Order
- How to Change Careers
- How to Set Up Your Own Non-Profit Organization

How to Hold the Community Accountable

- How to Mobilize Effectively in the Community
- How to Become an Effective Leader in the Community
- How to Get Your Candidate into Office
- How to Get Legislation Passed
- How to Change the Education System
- How to Stop Racial Profiling and Police Brutality
- How to Set Up Legal Defense Funds

How to Challenge Workplace Practices

- How to Recognize and Survive Discrimination in the Workplace
- How to Blow the Whistle on Unethical Practices
- How to Survive the Worker’s Compensation System

How to Create Your Own Media Outlets

- How to Build a Presence on the Internet
- How to Work Effectively with the Media
- How to Launch Your Own Media Campaign
- How to Become a Freelance Writer
- How to Become a Syndicated Columnist
- How to Write a Book
- How to Become a Professional Speaker

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