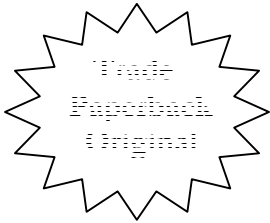


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ESCAPE FROM CORPORATE AMERICA

by

Pamela Skillings

“Journalist Skillings aims to rescue Americans from corporate tedium in this **entertaining and informative** guide to walking away from an established—albeit stultifying—job and forging a more rewarding career. With insight and humor, Skillings enumerates the stages of “Corporate Disillusionment” and the features of the “toxic workplace”—the bullying bosses, moronic co-workers, “terminal boredom” and rampant racism and sexism. A multitude of questionnaires, exercises and worksheets helps readers determine their dream job, assess expenses and assets, and plot an escape plan to break free of corporate life without going bankrupt. Skillings also provides pointers to those readers who simply want to be happier in their current jobs—including negotiating for more flexible hours, telecommuting and taking sabbaticals. Vignettes of successful fugitives from the corporate world populate the book and an **extremely useful** “Escape Tool Kit” supplies information on where and how to find career coaches, health insurance, job listings and a wealth of other much needed resources when embarking on career change. **Comprehensive, informative and witty**, this book will be **indispensable** to those looking to start new careers with concrete plans and well-defined goals.”

—*Publishers Weekly*

80 million Americans populate the corporate world, working “good jobs” that seem too safe and well-paying to leave. But according to recent polls, over half of them would leave their cubicles if they could figure out how. In **ESCAPE FROM CORPORATE AMERICA** (A Ballantine Trade Paperback Original; On Sale: May 13, 2008), career expert and entrepreneur Pamela Skillings (herself a corporate escapee) shows readers how to do just that. With humor, practical tips culled from 200 interviews, and daring tales from fellow escapees including Scott Adams, Tim Zagat, Perez Hilton, and Paul Lieberstein (Toby from NBC’s *The Office*), Skillings helps anyone tackle the unique

challenges of walking away from “the security” of corporate careers—without irrational fears and without going broke.

Craving work life balance and meaningful careers, and set free by technology, a mass exodus of corporate escape artists are climbing down today’s corporate ladder and walking out the door to pursue more fulfilling work. But it’s not always easy to walk away from the money, the benefits, and the prestige to plunge into the unknown.

With no-nonsense advice and unflagging humor, Skillings shows you how to:

- Identify symptoms and cures for “Square Peg Syndrome,” when the cubicle suffocates your individuality; “meaning deficiency,” when your job seems to have no purpose; and “Bag-Lady” Fantasies, the irrational fear that leaving a corporate job will lead to begging on the streets.
- Assess your job’s “get out now” factor—from terminal boredom to boss from hell
- Identify your true calling—brainstorm fantasy careers and test-drive your dream jobs
- Develop your Escape Plan—set goals, figure out your timing, and evaluate your finances and health insurance options
- Find jobs that don’t bite—entrepreneurial corporate environments, energetic start-ups, the nonprofit sector, solopreneurship, and flexible work options
- Be your own boss—explore entrepreneurship and freelancing, assemble an advisory team, and start a business while you collect a paycheck
- Follow your creative dreams—learn how to make time for your artistic passion and develop a plan to quit your day job
- Overcome any obstacle—get over issues related to fear, doubt, negative people, and the identity crisis that ensues when people ask you what you do
- Plus, Skillings shares success stories from dozens of corporate escape artists, including TV chef Andrea Beaman, Boston Beer Company CEO Jim Koch, and many others.

Readers who follow Skillings’ advice will leap past frustration and fear to exhilaration with the security of proven, no-nonsense advice learned firsthand and from extensive research.

This soup-to-nuts guide also includes a quiz to determine whether you’re a good escape candidate, a test that helps you find your career fantasy, a cash flow worksheet, a chronology of corporate malaise from year 1288 to the present, a corporate malcontent movie and song list, and resources for information about health insurance, taxes, career coaches, websites, recruiters, networking organizations and much, much more.

Full of practical advice and fun-to-follow exercises, **ESCAPE FROM CORPORATE AMERICA** will help disgruntled office workers everywhere find more meaningful, fulfilling careers.

ESCAPE FROM CORPORATE AMERICA:
A Practical Guide to Creating the Career of Your Dreams
Pamela Skillings ■ A Ballantine Books Trade Paperback Original
On Sale: May 13, 2008 ■ ISBN: 978-0-345-49974-5 ■ \$15.00 ■ 352 pages

Praise for Pamela Skillings's **ESCAPE FROM CORPORATE AMERICA**

“**ESCAPE FROM CORPORATE AMERICA** isn't just the best book ever written on creating the career of your dreams—it is the most stirring and useful book on careers that I've ever read. Pam Skillings inspired me first with her own story and then with stories of those who successfully escaped dreary, heartless, and sometimes nasty workplaces. This masterpiece will give you the skills to make the leap from a mind-numbing job to a great career and the courage to follow your heart.”

—Robert Sutton, Stanford Professor and bestselling author of *The No Asshole Rule: Building a Civilized Workplace and Surviving One That Isn't*

“With insight and humor, Skillings enumerates the stages of ‘Corporate Disillusionment’ and the features of the ‘toxic workplace’—the bullying bosses, moronic co-workers, ‘terminal boredom’ and rampant racism and sexism. A multitude of questionnaires, exercises and worksheets helps readers determine their dream job, assess expenses and assets, and plot an escape plan to break free of corporate life without going bankrupt. . . . Vignettes of successful fugitives from the corporate world populate the book and an extremely useful ‘Escape Tool Kit’ supplies information on where and how to find career coaches, health insurance, job listings and a wealth of other much needed resources when embarking on career change. Comprehensive, informative and witty, this book will be indispensable to those looking to start new careers with concrete plans and well-defined goals.”

—*Publishers Weekly*

“I love this book! **ESCAPE FROM CORPORATE AMERICA** is full of great practical advice and inspiring stories to help you follow your passion without going broke. Pamela Skillings provides insights and lessons learned from hundreds of corporate escapees who are living their dreams.

It's a great read and it might just change your life!”

—Barbara Sher, bestselling author of *I Could Do Anything if I Only Knew What It Was, and It's Only Too Late if You Don't Start Now*

“**ESCAPE FROM CORPORATE AMERICA** is smart, funny, and bursting with valuable ideas. Women are doing whatever they can to leave the traditional model and forge their own way in the world. Pamela Skillings gives you the tools you need to take control of your career and have a more fulfilling life.”

—Beth Schoenfeldt, co-author of *Ladies Who Launch: Embracing Entrepreneurship & Creativity as a Lifestyle* and founder of Ladies Who Launch

About Pamela Skillings

PAMELA SKILLINGS left the security of a six-figure corporate job to pursue her dream of becoming an independent, certified career coach. Her company, Skillful Communications, offers coaching and classes on career topics including how to plan an escape from a corporate job. She frequently lectures around the country on career topics for The Learning Annex, the American Management Association, and other organizations. She is a regular contributor for [About.com](http://www.about.com) and other publications and lives in New York. For more information please visit Pamela's blog and website at: <http://www.escapefromcorporate.com/>