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CONTACT: Stephanie Ridge, (512) 501-4399 x703

The Gift of Job Loss?

*Former executive shows readers how to prepare for job loss,
and make it the most rewarding time of your life*

AUSTIN, Texas – If you lost your job today, would you immediately dive into a frantic job search like most people do? Or, would you take time to finally do the things you’ve always put off for work: Traveling to your dream destination, enjoying quality time with loved ones, learning something new, volunteering at your favorite charity, or exploring a different location to work and live?

Michaels Froehls was a successful global executive in New York until the economy crashed in 2008. He became one of the 2 million Americans who lost their jobs that year, and watched his fellow recession victims scramble desperately for work. But rather than join them, Froehls did what most only dream about: He accepted his job loss as a gift of time. He dedicated that time to personal and professional activities that had not been possible during a busy career – enjoying amazing travel, investing in language skills, scouting business ideas, spending time with family, and relocating to Austin for a more entrepreneurial life.

Froehls hiked the Inca Trail, walked famous ancient Mayan sites in Honduras and Guatemala, explored temples and pyramids in Egypt and the desert city Petra in Jordan. He toured the booming economies in Uruguay, Argentina and Chile. He invested in Spanish immersion and sat successfully for an internationally recognized language exam. He took his mother to visit her birthplace. In short, he used the time of the Great Recession strategically.

To share his experience and help others cope with job loss, he wrote ***The Gift of Job Loss: A Practical Guide to Realizing the Most Rewarding Time of Your Life*** (Peitho Publishing, Pub date May 1, 2011, Paperback, \$14.99, ISBN 978-0-981192-0-3; also available as eBook).

“My mission is to help people overcome the fear of job loss in this difficult economy,” he says. “Instead of being discouraged by the seeming dearth of new job opportunities, I want you to see the incredible mostly overlooked and never talked about upside that your new situation offers. You now have time to pursue activities and opportunities that might never come back during your lifetime.”

Rather than immediately jumping back into work, *any* work, Froehls advises readers to consider taking time off for activities that ultimately make you happier, healthier, and even more competitive in the job market. *The Gift of Job Loss* outlines 15 potential activities and gives practical recommendations on how to set your own course of action, including using your time to get on top of your finances, unclutter your home, take stock of your career, and invest in your health and relationships.

“My message is simple,” says Froehls. “Use the free time job loss affords *strategically*. We’re programmed to think of unemployment as a curse, when really, it can be the most rewarding time of your life.”

MICHAEL FROEHLIS, PHD, has worked in international strategy, financial and management consulting roles at MetLife, Allianz Group, Citigroup, and McKinsey & Company. Originally from Germany, he is fluent in four languages and has traveled to more than 50 countries on business and pleasure. He holds an MBA from the University of Texas’ McCombs School of Business, a PhD in Finance from the University of Trier, and an MA of Industrial Economics from Otto Beisheim School of Corporate Management, both in Germany. Today, he shares his message with corporate audiences nationwide. Michael runs a boutique consulting company, The Froehls Group, LLC. He resides in Austin, Texas. Learn more at www.thegiftofjobloss.com.

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To receive a review copy or to set up an interview, contact Stephanie Ridge
Stephanie@prbythebook.com or 512-501-4399 x703.