


(Download free pdf) The Interview Rehearsal Book: 7 Days to Job-Winning Interviews Using Acting Skills You Never Knew You Had

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Deb Gottesman, Buzz Mauro
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Deb Gottesman, Buzz Mauro : The Interview Rehearsal Book: 7 Days to Job-Winning Interviews Using Acting Skills You Never Knew You Had before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Interview Rehearsal Book: 7 Days to Job-Winning Interviews Using Acting Skills You Never Knew You Had:

0 of 0 people found the following review helpful. Great approach and ideas that are presented clearly By Tim Brown Made a huge difference in my perception of job interviews. The insights and skills to work through helped me a lot as I graduated from college. 14 of 16 people found the following review helpful. Cheap tricks By online shopper There is some useful information in this book, but it can perhaps fit on 10 pages. The only good advice is to have a rehearsal interview with a friend, and then switch roles, but you can kinda' figure it out from the book's title. The author shares a couple of relaxing exercises with you... well, they do make you feel better, but it's not a trade secret. Just get on the Internet to pick your favorite ones. Some basics are covered briefly - how to look for a job, how to do "homework" - know your character/assets/habits, etc. But it is not the best part of the book and other books do it better. The rest of the book - about 90 percent of it - is about how to make yourself (and supposedly others) think how awesome you are. The author makes it your main focus. I couldn't escape some quite unpleasant "cheap" feeling when reading the book. Sample chapter titles: "Relaxing Your Voice", "Building Confidence", "Remember Success", "The

Art of Persuasion", "Dyeing for the role", "A star is born" ... Well, it makes you kind of confident, but it also makes you blindly confident. Once there, you stop being reasonable and adaptive which is not good for an interview. I think you will get a better performance by just being yourself rather than trying to pick up some tricks. An interview is not about how you look and sound, it's about your work skills - what you can do at the job. Your look does matter, but all you need is just make sure you don't look or sound weird, that's all. This book may be somewhat useful for people who need to overcome the fear of their first interview. But it won't teach you how to use the best of you to get an offer. 0 of 0 people found the following review helpful. Acting and interviews By James R. Holder Does a good job of presenting to the reader the need to understand the place of rehearsing for an interview. **KNOW YOUR LINES!**

Actors specialize in the skills you need to excel at interviews: self-confidence, verbal communication and body language, and knowing how to project the desired image. Here, the directors of a consulting firm that applies acting techniques to success in the business world share a step-by-step training program to help you ace your own "audition." You'll learn trade secrets for conquering stage fright, how to research the "role" you're applying for, how to look the part, how to deal with job-hunting stress--and how to use simple exercises for effective verbal and physical communication. With each interview, the curtain rises on a new opportunity. With the seven steps in this book, you can get ready to take a bow!