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Gregory Shea and Robert Gunther, authors of *Your Job Survival Guide: A Manual for Thriving in Change* use the analogy of kayakers to describe the skills needed to thrive through change. Order your free CD by typing "Planning Your Future" in the search box. **Canada:** 1-800-567-2255 In the **U.S. :** 1-877-582-3683. **Canada Access:** User ID: ALUCN / Password: LifeWorks **U.S. Access:** User ID: ALU / Password: LifeWorks