

PRESS RELEASE:

10 Ways to Fast Track Your Career - A New Audio Book Shows You How

["10 Ways to Fast Track Your Career"](#)

By Gabriella Goddard

CD RRP: £8.99, Download Price: £6.29

JUNE 2007 - GOOD KARMA MEDIA has teamed up with Audible.co.uk to launch the first of an exciting new range of career development audio books aimed at busy professionals with hectic lifestyles who want to advance their career but don't have time to read a book.

The first title, ["10 Ways to Fast Track Your Career"](#), is ideal for people who feel stuck in their current job, frustrated with their lack of progress at work or who are at a career crossroads.

Written and narrated by Gabriella Goddard, Executive Coach to FSTE 100 senior managers, self-help author and career columnist, it covers ten practical strategies including how to create a clear career vision, how to play to one's strengths, how to prioritise and stay focused, how to say "no" without feeling guilty and how to overcome procrastination and turn ideas into action.

"Many people just don't have time to read a book or don't want to be seen swotting up," says author Gabriella Goddard. "This is a crash course on career success ideal for "multi-taskers"; people who want to listen and learn while they're travelling to work, sweating at the gym or even while munching on their lunch. They could be managers, new starters, graduates, freelancers or mums returning to work. With me in their ear, it'll be just like having their own personal career coach!"

["10 Ways to Fast Track Your Career"](#) can be purchased from Audible or Apple iTunes and can be downloaded onto iPods, MP3 players, mobile phones, PDAs and laptops.

This is the first of Good Karma Media's innovative audio book range targeting "cash rich time poor" career professionals and marks a new era of "learning on the go". Future titles will cover personal branding, overcoming fear, stress

management and work/life balance.

Emilie Marneur, Content Director for Audible.co.uk says "We're very pleased to be adding Good Karma Media's career development audio books to our range of self development and business titles. These are popular and fast growing areas for us which shows that more and more people are turning to audio downloads to brush up their skills and improve their prospects."

For author interviews and expert top tips please contact Gabriella Goddard directly on 07811 361 785 or email info@gabriellagoddard.com

For a review copy of "10 Ways to Fast Track Your Career" please contact Maria Adam at Good Karma Media on 0845-0558-149 or email info@gkmaudio.com

NOTES TO EDITOR:

ABOUT GABRIELLA GODDARD

Gabriella is a seasoned Executive Coach and self-help author with an 18 year career spanning the globe. Her clients include senior managers of FTSE 100 companies covering retail, FMCG, automotive, financial services and utilities. She is the author of "Gulp!" (Penguin, April 2006) and regularly provides expert comment for national and international media. www.gabriellagoddard.com

ABOUT GOOD KARMA MEDIA

GOOD KARMA MEDIA is an innovative indie publisher specialising in creating, producing and distributing informative and inspiring digital content aimed at people interested in personal growth, self-help, career development, well being and ethical living. www.gkmaudio.com

ABOUT AUDIBLE UK

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