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### **3 Ways to Make Every Day a Friday!**

May 1, 2009 – The Pink Edge announces the release of the book, *Make Every Day a Friday! The Joy of Connecting Who You Are With What You Do*. Written by Marina Spence, CEO of The Pink Edge, the book was published by Morgan-James.

*Make Every Day a Friday!* helps women who feel stuck in their careers to make changes, big or small. It reveals a stress-free system of change that include three “inner keys” of change.

Spence developed the stress-free system when she felt trapped in a Wall Street career that she no longer enjoyed. She road-tested the principles, first with herself and then with other women.

“What makes *Make Every Day a Friday!* unique from other career books,” she says, “is that it shows how to unite the head and the mind in change.” She adds, “Even small career tweaks can make a big difference.”

When asked for the top three ways that women can make every day a Friday, Spence gave these:

1. **Pinpoint exactly what you don’t like about your current job.** Sometimes we say we hate everything about it, when there might just be two or three things. Knowing exactly what you don’t like can lead to informed change.
2. **Start small.** Congratulate yourself for your baby steps, if that’s how you begin. Always, move at your own pace.
3. **Find your “guiding star.”** Locate the woman who’s leading the life you’d like to live, and who inspires you to say, “if she can do it, I can do it!”

Spence encourages women to use the recession as a career opportunity. “This is a perfect time to explore, plan, and start, in small ways, what’s next for you,” she said.

The Pink Edge, based in San Francisco Bay area, empowers women in career change and career enjoyment. A Pink Edge Free Report, *10 Caffeine-Free Ways to Boost Your Energy at Work*, can be downloaded from [www.pinkedge.com](http://www.pinkedge.com)