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**NURSING FROM WITHIN**

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# PRESS RELEASE

Elizabeth Scala Presents Nurses with Career Solutions in New Book  
*Your Next Shift: How to Kick Your Nursing Career into High Gear*

**Baltimore, May 28 2015:** Nursing offers many opportunities, but there's no denying it's tough—and sometime thankless—work. A nurse's mindset often means the difference between an average and awesome career, but few nursing books focus on this vital aspect of the profession.

Entrepreneur and clinical nurse Elizabeth Scala, MSN/MBA, RN, provides the means to take your nursing career to the next level. Beginning with the many issues affecting nursing, Scala describes the negative “monkey” mindsets that interfere with a nurses' ability to enjoy their profession. She then introduces a set of seven spiritual laws to help improve a nurse's career outlook.

Scala brings her experience as an entrepreneurial nurse to bear on the broader nursing field, balancing spiritual advice with a series of practical, down-to-earth steps designed to shift careers into high gear.

Each chapter ends with a series of self-reflective questions to help nurses guide their careers in whichever direction fits their needs, culminating in a step-by-step daily process to help nurses continue to love and enjoy their jobs.

Your next shift could be the start of a new outlook on your career aspirations and daily nursing. Let Scala show you the way to a brighter, more meaningful future.

Elizabeth Scala has written numerous articles for nurses on holistic wellness and career resilience. Her bestselling book, *'Nursing from Within: A Fresh Alternative to Putting Out Fires and Self-Care Workarounds'* topped the charts of Amazon's hottest new releases in nursing books. She lives in Jarrettsville, MD with her husband and dog.

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