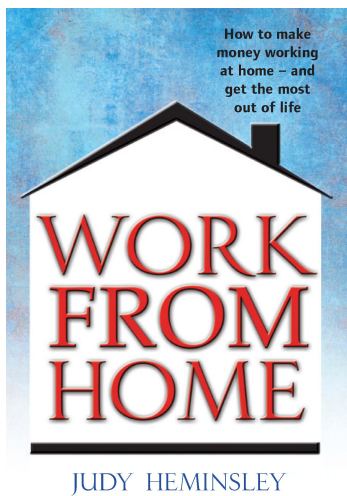


For immediate release

How to make the most of working from home



3.1 million people in the UK currently work from home. That's 11% of the workforce. It is predicted that in five years 50% of the work force will be working from home. With lower overheads and environmental benefits it is not hard to imagine the demise of the office. But how do we make sure we continue to work to our maximum potential in the place where we relax to the max, too.

Work From Home by Judy Heminsley is a new book for anyone who already works from home or who is thinking of doing so. After over 20 years of working from home Judy is aware of the problems as well as the advantages. She helps the reader discover how suited they are to working from home and how they can maintain a professional image even from the kitchen table.

Heminsley combines her own first-hand experience with that of a diverse range of other home workers - from designers and B&B owners to sales managers and craftsmen – and explores the opportunities and potential problems so that you can save money and time by not making the same mistakes.

Commenting on the book, Judy says, *“In the current financial crisis, many more people may be thinking of setting up on their own, or offices will try to cut down on over-heads and encourage staff to work from home. This books shows you how to overcome isolation, beat procrastination and use your time effectively so that you continue to meet your targets whilst enjoying the freedom of working from your own home.”*

About the author: Judy Heminsley has worked from home for 20 years, both as an employee and running her own business, so she's well-acquainted with its advantages and pitfalls. She works with individuals to set up their home offices and organise home working to suit their personality, occupation and family situations. She gives talks and workshops about the benefits of home working. Her website is www.workfromhomewisdom.com

Working From Home is published by **How To Books Ltd** www.howtobooks.co.uk, and is available at \$26.00 in major bookshops and online retailers across the USA and Canada. ISBN 978-1- 84528-335-3

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