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# The Intern's Manifesto: How to Survive Your First Ever Office Job

*Matthew Cross*

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**Matthew Cross : The Intern's Manifesto: How to Survive Your First Ever Office Job** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Intern's Manifesto: How to Survive Your First Ever Office Job:

A humorous office survival guide for those crazy enough to consider an internship or apprenticeship, with tips, tricks, and techniques to get you through the day Being an intern in the modern world of corporate and creative offices is—without question—one of the most challenging, rewarding, enjoyable, and frustrating jobs in the world. Young, talented, and hard-working, interns and apprentices are the future of business, yet are often treated as cheap labor

whose name no one can be bothered to remember. This book is the only survival guide for all first-time workers entering into the work sector—and the perfect present from the concerned parent! Expertly written by a former intern, the book delves deep into all you need to know to make it in the big bad world. From the world of daily commuting (be prepared to get the flu) through to the different types of bosses and shifty staff to keep an eye on, right down to the all-staff emails you should NEVER send, this book will prepare your mind for surviving the working day, even if your body and soul have given up many hours before that.

About the Author Matthew Cross started his career as an intern in the publishing industry and has never looked back. Though that's because of a stress-related back injury he sustained while doing lots of heavy lifting of books during his time as an intern. He loved it though. Malcolm is now a writer of popular culture and humor books.