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Thinking of starting a postdoc? Want to know how to move on from a postdoc? Or simply want to make the best of your postdoc years? Being a postdoc is not a career... but it can be the pivotal point in the making of one. This friendly, practical, and occasionally humorous guide to all things postdoc combines the three authors' vast experience of postdoc careers and personal development.

This is a guide to developing, advancing and furthering yourself and your career. In working through exercises, learning from the experience of others (including the trials and tribulations of the authors), and seeking out information, we hope you will consider what success means on your own terms. In its pages you will find advice on:

- Choosing the right postdoc for you
- Maximising your postdoc contract for personal and professional goals
- Selecting and attaining your next career step (academic or otherwise)

Your postdoc is part of the journey towards a range of career destinations; from an industrial R&D specialist to politician, from lecturer to spin-out Chief Executive, and this book is designed to help you get there. Providing indispensable advice on UK-based postdocs for national and international students, it is perfect for those making exciting transitions (student to postdoc, postdoc to the wide world of careers beyond) or for those who simply want to take their postdoc up a gear.

This Second Edition includes new material exploring the importance of collaborations, enterprise career routes and research impact.

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