

Are you tired of chasing gigs, feeling overwhelmed or burned out? Don't let the hustle of the micro-gig economy wear you down. Reclaim your health and happiness.

"The Frazzled Freelancer" combines expert insights, practical strategies, and real-life anecdotes to equip you with the tools you need to navigate the challenges unique to the freelance lifestyle. Discover the secrets of work-life balance, combating stress, and cultivating a positive mindset. Uncover strategies to enhance productivity, set realistic goals, and build a thriving freelance business that aligns with your passions and values.

Whether you're starting your freelance journey, or you've been in the game for years, "The Frazzled Freelancer" is your roadmap to achieving a fulfilling, balanced, and prosperous life.

RON CARROLL is a multi-award-winning TV and digital producer, known for shows like "Blown Away" on Netflix and the North American versions of "Undercover Boss" and "The People's Couch" (UK's "Gogglebox"). Starting as a newspaper reporter in Liverpool, he moved into radio and TV. After 22 years in North America, he now lives in Greater Manchester, freelancing on both sides of the Atlantic and providing creative guidance and support to TV production companies and brands.

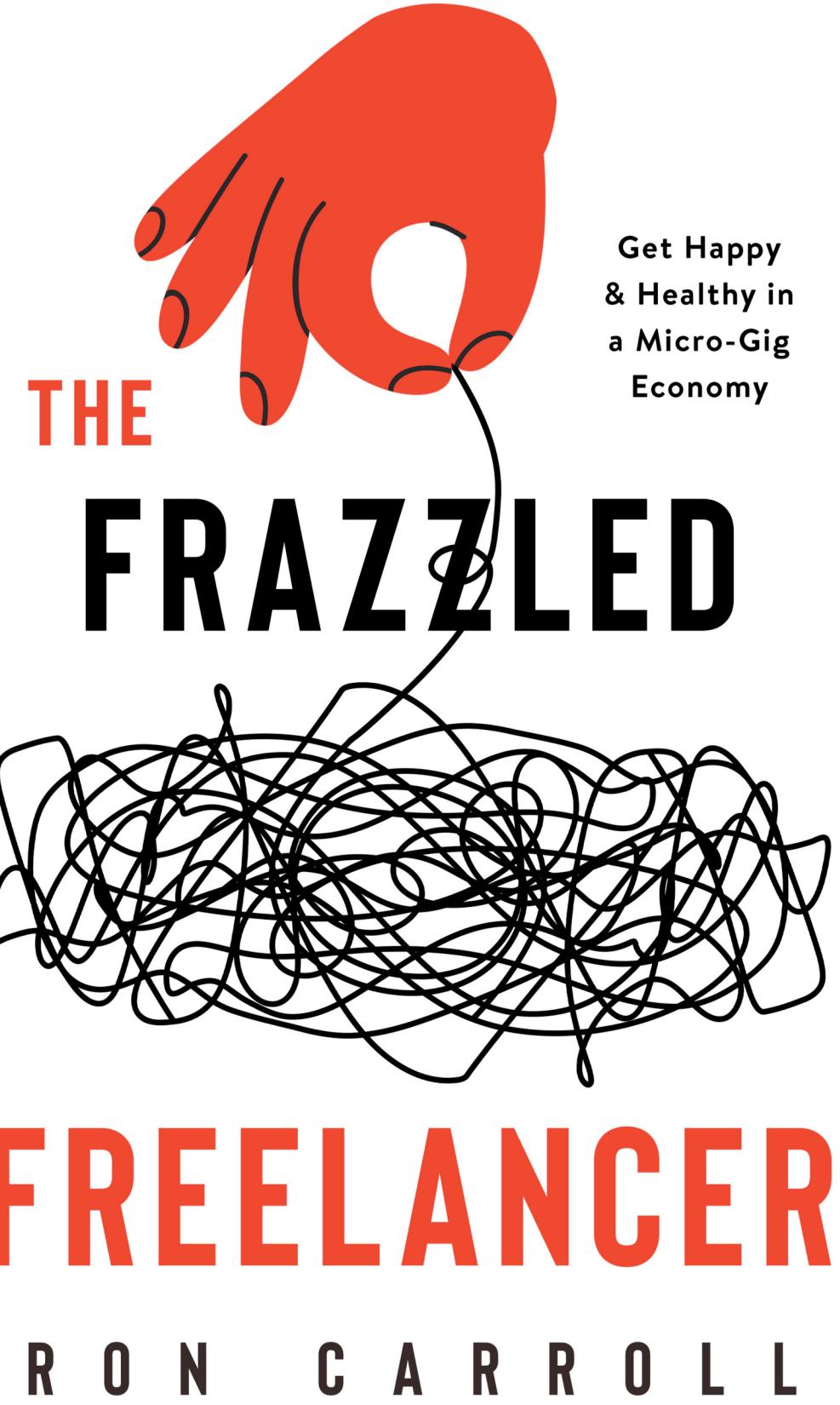
ISBN 978-1-7384374-1-2



9 781738 437412 >

RON CARROLL

THE FRAZZLED FREELANCER



Get Happy
& Healthy in
a Micro-Gig
Economy