

# [PDF] The Essential HR Handbook: A Quick And Handy Resource For Any Manager Or HR Professional

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#### **Description:**

**About the Author** Sharon Armstrong began her career in human resources in 1985 as a recruiter/trainer in a large Manhattan law firm. Since launching her own consulting business in 1998, she has provided training and completed HR projects for a wide variety of clients. She is the author of Stress-free Performance Appraisals.

Barbara Mitchell, a human resources professional and co-owner of The Millennium Group International, LLC, is a frequent speaker on HR topics. Much of her business career was spent in leadership positions with Marriott International. Both authors live in the Washington, D.C. area.

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