

1. Alice Chan, 29

Not having a clear idea what career path to take, I opted for something I knew my parents would approve of - in my case, advertising. It couldn't have been a more glamorous job, dining with clients in Smart restaurants, jetting around the world to film ads. But I just couldn't be myself. So one day I just handed in my notice and retrained as a social worker, working with kids from disadvantaged families. And I've never looked back. It's meant a huge drop in my income but it's a sacrifice I'm happy to make for the sake of doing something worthwhile.

2. Jon Golding, 32

I used to work for an IT firm. I was never interested in progressing within the company but I was too scared to let go of the guaranteed income. I was a keen guitarist in my spare time. One day I was on holiday with a group of friends and we were chatting about our dreams. That was a turning point for me and I came home and enrolled on an evening course in guitar-making. I quit my job, converted my garage into a studio and set up my own business building guitars. My company is now one of the UK's leading guitar-builders. Needless to say, I haven't regretted my decision for a moment

3. Felix Mason, 34

I wanted to do something useful with my life and my dad was a science teacher so I decided to follow in his footsteps. But it turned out to be a thankless job. I was putting all my energy into it but getting very little back, apart from increasing demands from managers and parents. Finally, after 10 years, I quit. I was quite keen on writing. So I took on a very junior role as assistant editor for a technology magazine. After just three months, I was made editor, and four years on, I'm publisher of the magazine. Much as I miss the students, office life suits me far better. Being able to just get up and get a coffee whenever you want is amazing. You can't do that when you're teaching until the bell goes.

4. Debbie Fielding, 27

I'd been working as a veterinary nurse and the routine nature of the job was starting to get to me. I didn't get on with my boss, so when I was made redundant last year it came as quite a relief. I'd often dreamt of starting a company which provides specially trained animals to the film industry and it seemed like the right moment to give it ago. So I retrained and researched the opportunities available to me. It's taken a while to get the business up and running. I'm building up client contacts slowly and I expect things to take off properly within the next few months.

Прочитайте тексты. Ответьте на вопросы. Выберите номер текста, отвечающего на вопрос.

Which person didn't use to feel appreciated at work?

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