

Addressing AI Job Concerns: New Book 'Keep Your Day Job' Provides Actionable Advice

Koby Ofek Details AI-Proofing Strategies; Data from aireplaced.me Shows High Risk for Roles like Accounting (53.7%)

NY, UNITED STATES, May 5, 2025 /EINPresswire.com/ -- Widespread career anxiety is mounting as

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With 40% of employers eyeing AI automation cuts (WEF), knowing how to AI-proof your career is critical. This book provides the playbook.”

Koby Ofek

AI arrives, fueled by predictions like Bill Gates' statement that AI could make humans "unneeded 'for most things'" within a decade. This reflects stark realities highlighted by the World Economic Forum, whose 2025 Future of Jobs Report found 40% of employers expect AI automation to reduce their workforce. Offering a granular view, data from aireplaced.me (analyzing 22,500+ submissions) reveals an average job replacement risk score nearing 35% by 2030, with roles like Accounting facing 53.7% risk. To help navigate this disruption, tech entrepreneur [Koby Ofek](#)

releases "Keep Your Day Job: How to AI-Proof Your Career," a crucial playbook with practical strategies.

Available now on Amazon (<https://www.amazon.com/dp/B0F62WD6RM/>), "Keep Your Day Job" cuts through the hype and fear surrounding AI. Drawing on Ofek's diverse background – from the founding team of Google Israel to building AI applications – the book provides field-tested strategies for individuals feeling the ground shift beneath their careers. It argues that understanding your specific vulnerability and proactively adapting is no longer optional, but essential for survival.

"This isn't just about technological unemployment," says Koby Ofek. "It touches on deeper concerns about maintaining dignity, purpose, and value when the nature of contribution changes. Pretending it won't affect you is no longer viable. This book offers a grounded, realistic guide for navigating the turbulence and securing your footing, even as the definition of 'your place' evolves."

"Keep Your Day Job" focuses on practical application. Readers will find:

Diagnostic Tools: Frameworks like the "Trend Decoder Canvas" and "Task DNA" help readers

assess their personal vulnerability to automation – a crucial step supported by statistics from aireplaced.me indicating significant risk scores for professions like Accounting & Auditing (53.7%), Travel Agents (85%), and Payroll Coordinators (75.0%) by 2030.

Historical Perspective: Analysis of past technological disruptions (from the Luddites to ATMs) reveals patterns of adaptation and the emergence of new "adjacent value" roles, offering context and countering panic.

Actionable Strategies: Concrete methods for building resilience, diversifying professional value (even alongside a main role), and leveraging AI as a tool rather than fearing it as a replacement.

Mental Fitness Techniques: Practical advice for managing the anxiety and uncertainty accompanying rapid technological change, fostering the mental resilience needed for the long haul.

The book's insights are complemented by aireplaced.me, Ofek's service that generated the cited statistics. The tool calculates risk by breaking down roles into tasks, analyzing them against nearly 100 skills, estimating each skill's importance and AI replaceability, and then calculating a weighted score for personalized risk assessments (2030-2040). This provides context for the book's strategies.

For knowledge workers feeling the pressure, managers seeking to guide their teams, or anyone looking to navigate the future of work with confidence, "Keep Your Day Job" offers a timely, indispensable, and empowering guide.

About the Book:

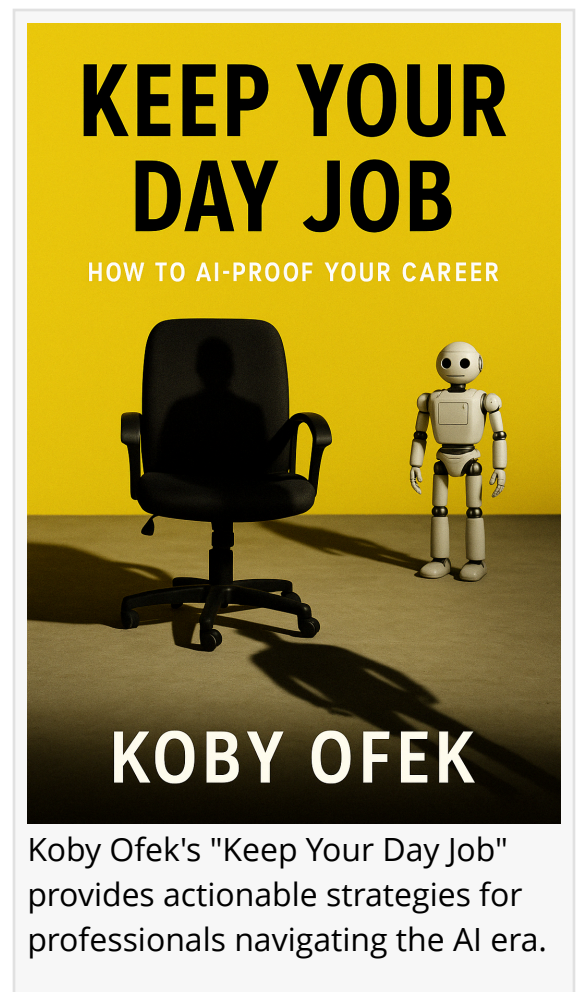
"Keep Your Day Job: How to AI-Proof Your Career" provides practical frameworks, actionable strategies, and real-world examples for professionals navigating the impact of artificial intelligence on the workplace. It focuses on proactive adaptation, skill development, and building financial and mental resilience.

Availability:

The book is available for purchase in hardback, paperback and Kindle formats on Amazon: <https://www.amazon.com/dp/B0F62WD6RM/>

About the Author:

Koby Ofek is a full-stack entrepreneur, maker, and author passionate about navigating the



intersection of technology and humanity. With experience as part of the founding team of Google in Israel, operating large-scale web projects, and building AI-driven applications like the language-learning app Languizy, he brings a unique blend of technical expertise and philosophical inquiry to the challenges of the AI age. His work focuses on providing practical tools and strategies for individuals and organizations adapting to technological disruption.

Koby Ofek

Keep Your Day Job: How to AI-Proof Your Career

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