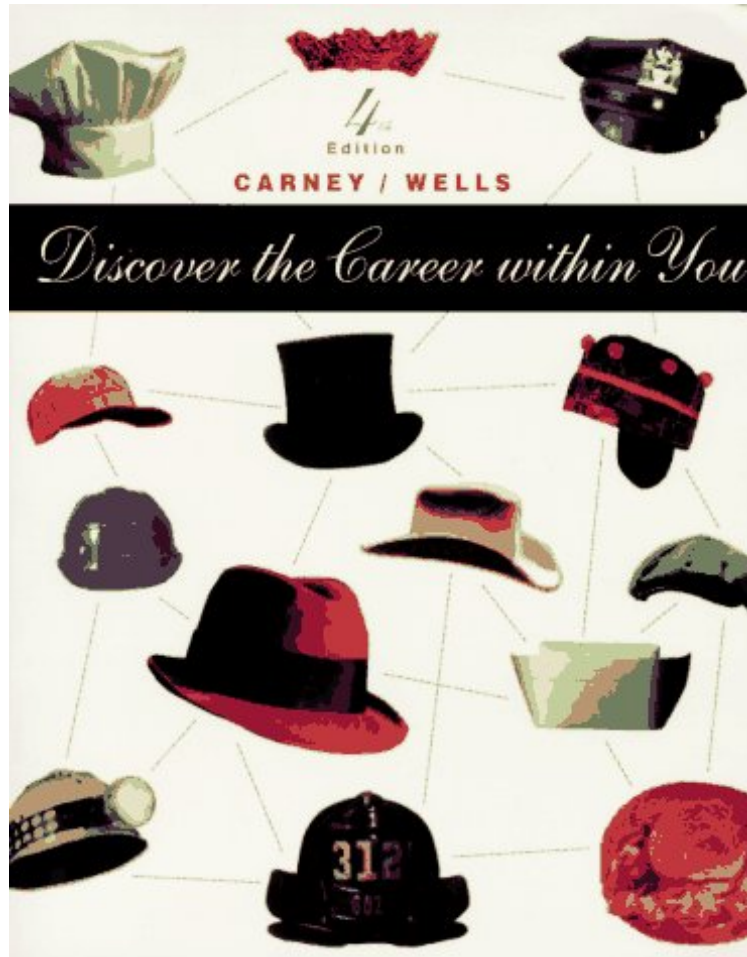


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This text offers many useful and practical examples, assessment tools, and exercises to help students understand the concepts that are presented. The authors emphasize that growth and change must be built into any career decision and into overall planning. They demonstrate how career is an integral element in the process of life planning and provide a picture of the skills needed for career success and satisfaction. The book identifies five questions that individuals need to consider and six skills to develop for effective career planning-skills which are presented in an easy-to-follow sequence in which one builds upon another.

About the Author Ph.D., University of Utah, 1972; M.A. Clinical Psychology, Bradley University 1969 Ph.D. and M.A. in Counseling and Counselor Education from The Ohio State University