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Career Management & Work-Life Integration using Self-Assessment to Navigate Contemporary Careers

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Career Management & Work/Life Integration: Using Self-Assessment to Navigate Contemporary

Careers is a comprehensive, easy-to-follow guide to managing contemporary careers. Although grounded in theory, the book also provides an extensive set of exercises and activities that can guide career management over the lifespan. Authors Brad Harrington and Douglas T. Hall offer a highly useful self-assessment guide for students and other individuals who want to deal with the challenge of succeeding in a meaningful career while living a happy, well-balanced life.

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Peter says

A very useful guide book for someone who is trying to learning about career coaching. Many practical and useful tools are inrtroduced and available for use. The chapter on work-life integration is particularly useful. I wish I had read this book 10 years ago. Then again, it was only published last year ;b
