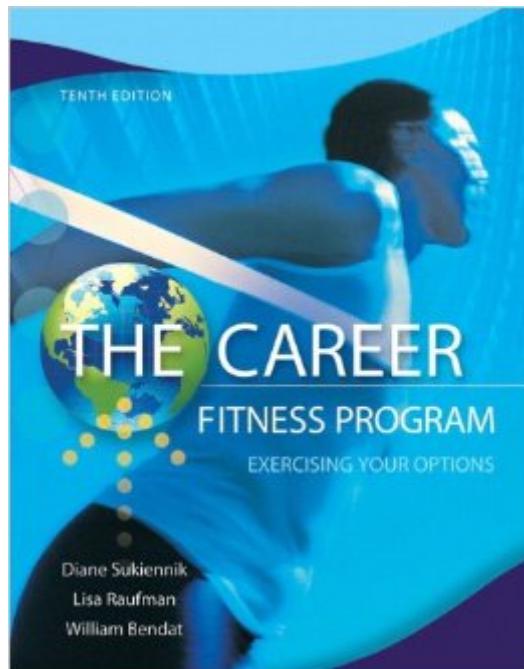


The book was found

The Career Fitness Program: Exercising Your Options (10th Edition)



Synopsis

Firmly focused on today's career realities and economy - with sufficient breadth to help students choose, change, or confirm career choices and encourage growth for all ages, backgrounds, and circumstances. The Career Fitness Program is a top to bottom renovation, reaffirming, recasting, refocusing, and reframing this best-seller to revitalize content, graphics, photos, and layout to address the changing needs of students. It is user-friendly, easy to read, and suitable for both two- and four-year college students. It goes beyond facts and figures by offering critical questions that help students focus on, "What's in it for them," to discover their best career fit. The organization follows the standard sequence of the decision-making process and career search process - Personal Assessment, The World of Work, and The Job Search - which enables use in short term courses or workshops while still giving students a comprehensive text for reference, and is easily customizable.

Book Information

Paperback: 336 pages

Publisher: Pearson; 10 edition (January 6, 2012)

Language: English

ISBN-10: 0132762331

ISBN-13: 978-0132762335

Product Dimensions: 8.4 x 0.7 x 10.8 inches

Shipping Weight: 2.2 pounds

Average Customer Review: 4.1 out of 5 stars See all reviews (56 customer reviews)

Best Sellers Rank: #19,622 in Books (See Top 100 in Books) #41 in Books > Business & Money > Job Hunting & Careers > Job Hunting #133 in Books > Business & Money > Job Hunting & Careers > Guides #360 in Books > Textbooks > Business & Finance

Customer Reviews

I am a life coach and small business marketing expert who has changed careers many times and read many career books and textbooks. I highly recommend this 10th Edition of The Career Fitness Program: Exercising Your Options. This easy to follow textbook rates on a level with What Color Is Your Parachute as regards the complete approach to self-discovery. To discover one's essence is the first step towards finding the career that fits one's personality, desires, and needs. As a Baby Boomer Plus, I enjoyed the fact that it covers all the generational challenges, and is a potent self-help tool that makes the career transition clear, fun, and an exciting adventure instead of the

usual textbook approach to this process that is often daunting for all ages. Judith Fine-Sarchielli, Owner Brainstorming for Success!

This book is defiantly worth buying and reading. It helps you think more about yourself in a positive way. It also helps you figure out how you can put your skills to good use. Overall , it just helps you figure things out.

This book helps you explore the different opportunities that are out there. I purchased this book because it was required for a Career class that I took. I learned quite a bit about myself and found out what path I wanted to take in life. I highly recommend this book to anyone looking to gain insight into which field of work they want to go in to.

The pc version of this book doesn't seem to work properly (on multiple pc's), it takes forever to load the book each time you open it. Whereas other books open immediatly. Turning pages can be difficult because of the software lag. Seems to work ok on Kindle Fire.

I had to purchase this book for a college course. The book was straightforward, the lay out was ideal for the subject, and it was easy reading for someone who had no previous knowledge of this subject.

I bought this book because of a class at college about careers. It only works on Kindle Fire and iPad. Its annoying the publisher does not allow content on PC. The content of the book is helpful. It takes some time for pages to load. A minus star for not making available the content to PC, or only two devices. Another minus star for the pages to load slow.

I am an adjunct instructor at a community college and find this textbook as one of the most engaging, practical, and well developed books on the topic of career planning. My students are clarifying their career paths and learning about majors by a very thorough, step-by-step guide. I have read many textbooks in the career counseling field for personal and career development. Few books are as user-friendly with the interesting graphics and layout of all the steps required to become most fit in the career planning process. Evenmore, I am developing empowering activities just by taking a small section from the chapter on transferrable SCANS skills. My students applied these skills during speed interviews and understand the necessity of developing human relations,

communication and research skills, etc. for their future career paths. All my activities are easily adapted from this exceptional textbook on career planning. The visually stimulating graphics are also very useful for my students who have learning disabilities. I highly recommend this book for colleagues in the field and everyone searching to develop their career paths in this ever changing world of work.

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