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Geoffrey Peruniak

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Geoffrey Peruniak : A Quality of Life Approach to Career Development before purchasing it in order to gage whether or not it would be worth my time, and all praised A Quality of Life Approach to Career Development:

Career development - the processes that shape a person's career over his or her life - is a relatively new field of research in applied psychology. In A Quality of Life Approach to Career Development, Geoffrey S. Peruniak draws from philosophy, sociology, literature, anthropology, psychology, political science, and economics to form a new, holistic approach to career development that extends beyond paid work to include all aspects of life. Emphasizing that

a person is a whole entity rather than a role or category, Peruniak also explores nature and the place of community in relation to career development theories. A highly original text with broad theoretical appeal to several disciplines, *A Quality of Life Approach to Career Development* also includes exercises and case studies. Most importantly, this book provides a new approach that will complement more specialized methods and serve as a foundation for further study in the field.

'This book offers a refreshing approach to career development, with quality of life as a central construct... We encourage you to read this unique contribution to our field, apply a quality of life approach to your own career development and that of your clients, and engage in further discussion and research about this new way of considering career within the context of a client's complex life... This book will have a positive impact on your life.' (Roberta A. Neault Linda Weismiller *Journal of Employment Counseling*: vol 48: March 2011) 'Geoffrey S. Peruniak's wide-ranging research is impressive, and his use of real-life examples makes the material come alive. In our evolving conception of what constitutes career development, focus on quality of life is becoming more and more important. This will be a significant book in the career development field.' (Norman E. Amundson, Faculty of Education, University of British Columbia) About the Author Geoffrey S. Peruniak is a professor in the Centre for Psychology at Athabasca University and coordinator of the University Certificate in Career Development.