



Handbook of Life Design: From Practice to Theory and from Theory to Practice (Hardback)

By -

Hogrefe Publishing, Canada, 2015. Hardback. Condition: New. 1. Aufl. Language: English . Brand New Book. Our lives and careers are becoming ever more unpredictable. The life-design paradigm described in detail in this ground-breaking handbook helps counselors and others meet people's increasing need to develop and manage their own lives and careers. Life-design interventions, suited to a wide variety of cultural settings, help individuals become actors in their own lives and careers by activating, stimulating, and developing their personal resources. This handbook first addresses life-design theory, then shows how to apply life designing to different age groups and with more at-risk people, and looks at how to train life-design counselors.



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