

Learning The Art Of Helping 5th Edition

By the bestselling author of *Career Anchors* (over 431,000 copies sold) and *Organizational Culture and Leadership* (over 153,000 sold) • A penetrating analysis of the psychological and social dynamics of helping relationships • Named one of the best leadership books of 2009 by *strategy+business* magazine Helping is a fundamental human activity, but it can also be a frustrating one. All too often, to our bewilderment, our sincere offers of help are resented, resisted, or refused—and we often react the same way when people try to help us. Why is it so difficult to provide or accept help? How can we make the whole process easier? Many different words are used for helping: assisting, aiding, advising, caregiving, coaching, consulting, counseling, guiding, mentoring, supporting, teaching, and many more. In this seminal book on the topic, corporate culture and organizational development guru Ed Schein analyzes the social and psychological dynamics common to all types of helping relationships, explains why help is often not helpful, and shows what any would-be helpers must do to ensure that their assistance is both welcomed and genuinely useful. The moment of asking for and offering help is a delicate and complex one, fraught with inequities and ambiguities. Schein helps us navigate that moment so we avoid potential pitfalls, mitigate power imbalances, and establish a solid foundation of trust. He identifies three roles a helper can play, explaining which one is nearly always the best starting point if we are to provide truly effective help. So that readers can determine exactly what kind of help is needed, he describes an inquiry process that puts the helper and the client on an equal footing, encouraging the client to open up and engage and giving the helper much better information to work with. And he shows how these techniques can be applied to teamwork and to organizational leadership. Illustrated with examples from many types of relationships—husbands and wives, doctors and patients, consultants and clients—*Helping* is a concise, definitive analysis of what it takes to establish successful, mutually satisfying helping relationships.

An eight-time national chess champion and world champion martial artist shares the lessons he has learned from two very different competitive arenas, identifying key principles about learning and performance that readers can apply to their life goals. Reprint. 35,000 first printing.

In *Learning Targets*, Connie M. Moss and Susan M. Brookhart contend that improving student learning and achievement happens in the immediacy of an individual lesson--what they call "today's lesson"--or it doesn't happen at all. The key to making today's lesson meaningful? Learning targets. Written from students' point of view, a learning target describes a lesson-sized chunk of information and skills that students will come to know deeply. Each lesson's learning target connects to the next lesson's target, enabling students to master a coherent series of challenges that ultimately lead to important curricular standards. Drawing from the authors' extensive research and professional learning partnerships with classrooms, schools, and school districts, this practical book * Situates learning targets in a theory of action that students, teachers, principals, and central-office administrators can use to unify their efforts to raise student achievement and create a culture of evidence-based, results-oriented practice. * Provides strategies for designing learning targets that promote higher-order thinking and foster student goal setting, self-assessment, and self-regulation. * Explains how to design a strong performance of understanding, an activity that produces evidence of students' progress toward the learning target. * Shows how to use learning targets to guide summative assessment and grading. *Learning Targets* also includes reproducible planning forms, a classroom walk-through guide, a lesson-planning process guide, and guides to teacher and student self-assessment. What students are actually doing during today's lesson is both the source of and the yardstick for school improvement efforts. By applying the insights in this book to your own work, you can improve your teaching expertise and dramatically empower all students as stakeholders in their own learning.

Scratchboard etching is a unique art form particularly suited to animals. With detailed instructions found in this first book of a series, the secrets to creating these lovely pieces are revealed by a professional artist that has created and taught this art for years. With your success in mind, each step is detailed with words and photos in an informal approach to learning.

New! This is the tenth edition of *The Art of Helping*. More than 500,000 copies have been sold over three decades. Literally, millions of people have been trained in helping skills. Many more have been recipients of these skills.

"That isn't what I meant!" Truly listening and being heard is far from simple, even between people who care about each other. This perennial bestseller--now revised and updated for the digital age--analyzes how any conversation can go off the rails and provides essential skills for building mutual understanding. Thoughtful, witty, and empathic, the book is filled with vivid stories of couples, coworkers, friends, and family working through tough emotions and navigating differences of all kinds. Learn ways you can: *Hear what people mean, not just what they say. *Share a difference of opinion without sounding dismissive. *Encourage uncommunicative people to open up. *Make sure both sides get heard in heated discussions. *Get through to someone who never seems to listen. *Ask for support without getting unwanted advice. *Reduce miscommunication in texts and online. From renowned therapist Michael P. Nichols and new coauthor Martha B. Straus, the third edition reflects the huge impact of technology and social media on relationships, and gives advice for talking to loved ones across social and political divides

This book presents a three-stage model of helping, grounded in 25 years of research, that can be used to assist individuals who are struggling with emotional or transitional difficulties. To master the skills they need to lead clients through the Exploration, Insight, and Action stages, students are given both theoretical guidance and opportunities for formulating solutions to hypothetical clinical problems. Grounded in client-centered, psychoanalytic, and cognitive-behavioral theory, this book offers an integrative approach.

Tables and lists supplement the text, along with clinical examples.--From publisher's description.

Drawing comes with several benefits. One of these is the development of fine motor skills that will aid in the completion of tasks involving object manipulation by hand. As your child draws, he/she begins to express what he/she imagines. Objects are given careful details so features are learned. This way, you can understand what your child creates. How are your child's drawing skills now?

A succinct, uncompromising study of what it means to help other people, this book, first published in 1978, examines the helping process in the light of the principles of Zen Buddhism.

Emphasizing the Zen precepts of true compassion, newness and Taoistic change, it explains how a helper can break down the artificial barriers that serve to separate people and hinder the helping process. As the teachings of Zen demonstrate, real compassion involves a selflessness and respect that can bring helper and helped together.

FOREWORD BY BRENE BROWN and POSTSCRIPT FROM BRAIN PICKINGS CREATOR MARIA POPOVA Rock star, crowdfunding pioneer, and TED speaker Amanda Palmer knows all about asking. Performing as a living statue in a wedding dress, she wordlessly asked thousands of passersby for their dollars. When she became a singer, songwriter, and musician, she was not afraid to ask her audience to support her as she surfed the crowd (and slept on their couches while touring). And when she left her record label to strike out on her own, she asked her fans to support her in making an album, leading to the world's most successful music Kickstarter. Even while Amanda is both celebrated and attacked for her fearlessness in asking for help, she finds that there are important things she cannot ask for—as a musician, as a friend, and as a wife. She learns that she isn't alone in this, that so many people are afraid to ask for help, and it paralyzes their lives and relationships. In this groundbreaking book, she explores these barriers in her own life and in the lives of those around her, and discovers the emotional, philosophical, and practical aspects of THE ART OF ASKING. Part manifesto, part revelation, this is the story of an artist struggling with the new rules of exchange in the twenty-first century, both on and off the Internet. THE ART OF ASKING will inspire readers to rethink their own ideas about asking, giving, art, and love.

Learning may well be the most profound power on earth. Its force shapes entire civilizations and transforms the world, one individual at a time. Yet, all too often we allow this remarkable force to become diluted. The moment learning becomes a mundane succession of texts, tests, and tedium, is the moment we lose that vital connection to the wonders of human creativity and discovery which infuse our work, our learning and our very lives with purpose. For those seeking to link learning to their life's aspirations, this book offers the invitation to embark upon the journey of a lifetime. Through a body of stunning historical photographs, Eva Koleva Timothy breathes new life into an age when learning was life's grand adventure and where genius was less a matter of genetics than of passion and perspective. Turning her lens upon the lives of history's heroes, she has revealed the key to a great secret: That we too, like the celebrated luminaries of old, are born: Creators, Discoverers and Dreamers. So come set sail with Columbus, soar among the heavens with Galileo, dive into drawings of Da Vinci and discover the passion which moved the masters of an age as they lost themselves in the rapture that is great learning.

#2 on Photo.net's list of Best Photography Books of 2014! To create successful imagery, you need to balance technical know-how and aesthetic vision. In Camera & Craft, we deconstruct photographic principles in new ways to help you think through your process. Together with nine guest photographers, we explore photographic practice and follow up with inventive exercises and demonstrations that challenge you to engage with your tools—all with the goal of helping you work more creatively. Along the way are conversations with our guest photographers that address each topic, from how the professionals work with clients and models to what they think about as they look through the viewfinder. Here's what you'll find inside: Advice and insights from professionals working in a variety of fields, from photojournalism and portraiture to fine-art, landscape and commercial photography Technical explanations about how photographic tools work—so you can connect knowledge to your practice and work more instinctively and creatively Key steps for improving digital workflow Innovative exercises at the end of each chapter as well as on our companion website that encourage you to experiment with and understand the photographic process—from learning how far you can push your camera's sensor to exploring the effects of neutral vs. creative color Interviews with technical and creative experts about developing skills and making images that matter This book is part of The Digital Imaging Masters Series, which features cutting-edge information from the most sought-after and qualified professionals and instructors in the photography field. Based on the progressive curriculum of the Master of Professional Studies in Digital Photography (MPS DP) program created by Katrin Eismann at the School of Visual Arts (SVA) in New York City, these books are the next best thing to being in the classroom with the Digital Photography Masters themselves.

Chang, Scott, and Decker's multilayered teaching and learning system presents a creative blend of learning methods and clear presentation of topics to help students think like practitioners and apply foundational skills to real-world practice. Students first read about professional practice and the skills required to work effectively with clients. Students then think and write about the ideas and concepts presented in the text by completing homework exercises following each new concept. Next, students watch and discuss the accompanying DVD (available for packaging with the text), which demonstrates how to use the skills covered in the text with an individual, family, or group. Furthermore, the text's modified case-based method introduces a continuing case, one section at a time, throughout the chapters, which helps students learn how to think like professionals. Finally, exercises with specific directions for role-playing the client, practitioner, and peer supervisor, followed by a simple evaluation tool completed by the peer supervisor and practitioner, promote practice and evaluation. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

With its practical, experiential approach, the Second Edition of Applied Helping Skills: Transforming Lives covers the basic skills and core interventions needed to begin seeing clients. By approaching therapy as an art rather than from a prescriptive diagnostic position, this text encourages readers to look at every situation differently and draw from their embedded knowledge to best serve the individuals in their care. Authors Leah Brew and Jeffrey A. Kottler weave humor and passion into their engaging prose, effectively conveying their excitement and satisfaction for doing helping work.

Reading is Hard Work is a book for all families who are facing dyslexia or other reading learning disabilities. When our son Tim was in first grade we suspected he had a problem with reading. We were right. The book teaches children that they are not strange or weird. Rather, that God made all of us differently and reading for them is going to be hard work.

At the heart of it, what true artists do—whether in music or painting or film or simply the art of living—is a matter of creative incitement: by looking at the world in particular ways, they see it more clearly, and they invite the rest of us to see it more clearly, and to love it more perfectly. In that respect, the life of faith is a matter of art—of creative enticement. The Christian's view of the world can inspire hope for the hopeless and redemptive action for people who have forgotten their responsibility to act. Mining his experiences as a missionary, a music industry professional and a visual artist, Douglas Mann offers this call to artists of every stripe—from musicians to missionaries and everywhere in between—to a life of creative incitement to the glory of God.

Unleash Your Secret Weapon for Restoring Trust: Open, Honest Communications! Most PR books tell you how to "spin" your message. People are sick of that! Spin Sucks will teach you how to communicate honestly, responsibly, openly, and authentically...and truly earn the trust of your customers, stakeholders, investors, and communities. Top PR thought leader and blogger Gini Dietrich runs the number one PR blog in the world, spinsucks.com, where she shares cutting-edge tips and tools for effective, ethical communications. Now, she's integrated all she's learned into a complete, actionable guide for every business leader who understands there are new rules to communications, but don't know what to do. No matter what your organization does, Dietrich will help you: Share your story more powerfully--without sex, extortion, or "truth-stretching" Humanize your organization, even if you don't have outsized personalities Tell the truth, using the best techniques honed by centuries of storytellers Overcome whisper campaigns, anonymous attackers, and trolls Create fresh, honest content that's compelling to both humans and Google Systematically prepare yourself to engage more successfully online Clarify and close gaps between your message and your customer's perception Celebrate your brand ambassadors Master seven steps for handling online criticism, and transforming critics into fans Keep others from stealing your great content Learn actionable lessons from others' successes (and failures) Develop more positive, productive agency (or client) relationships Converge paid, owned, earned, and shared media--and get more value from all of them spinsucks.com

Learning the Art of Helping Building Blocks and Techniques

When searching for someone to help them reflect upon and improve their lives, people tend to be drawn towards those who are compassionate, committed and wise. This book is aimed at those who recognise these qualities in themselves and wish to develop their capacity to engage with and help others. The authors argue for ways of approaching helping and counselling that are rooted in care and commitment, drawing upon the experiences and practice wisdom of youth workers, housing support and hostel workers, the clergy and those working in a religious setting, educators and settlement and community workers. They explore the key characteristics of those who counsel and teach and examine aspects of the helping process, focusing on living life well, knowing and being oneself, relating to others and working to make change possible. This book will be essential reading for students on professional training programmes in youth work, community education, ministry, social care and counselling.

Take social work supervision into the new millennium! This newly revised edition of the classic text is a thorough, comprehensive guidebook to every aspect of supervision, including learning styles, teaching techniques, emotional support for supervisors, and supervision in different settings. Its detailed discussions of ethics and legal issues in practice are invaluable. Designed for use by busy supervisors, Handbook of Clinical Social Work Supervision, Third Edition, offers a new partnership model of supervision. Thoroughly revised and updated, Handbook of Clinical Social Work Supervision, Third Edition, addresses the dramatic changes in the field brought by new technologies and managed care. Numerous case illustrations and exercises supplement the text to facilitate classroom discussion or continuing education seminars. Assessment scales have been modified to conform to more recent data, and the questionnaires have been extensively revised. In addition, you will find significant new material on crucial topics, including: using DSM-IV categories for diagnosis and assessment how managed care has changed treatment planning, practice protocols, documentation, and other aspects of social work issues of cultural diversity, including respect for persons with disabilities and handling gender issues dealing with specific problems and populations, including domestic violence, substance and alcohol abuse, and child and adolescent treatment a model for managing organizational change social worker stress and burnout new directions for social work as a profession Handbook of Clinical Social Work Supervision, Third Edition, will help you change your practice with the times by incorporating the capabilities of the Internet and other advanced technologies. It will also teach you to work around the restrictions created by managed care insurance plans. This bestselling textbook is ideal for classroom use as well as being an essential resource for any supervisor.

This book is about engaging learners in great learning. It's about the dance that happens behind positive engagement - the cool moves and steps a teacher needs to choreograph in order to create a context where great learning can happen - and about the importance of relationships in engagement and how rapport can be learned. The book also shines a spotlight on the role of the teacher and how he or she can do the right things to get the absolute best from students. Some of the best learning takes place when, rather than imposing on young people a pre-determined curriculum, you find the stimulus that is relevant and engaging for them and build from there. Then the curriculum starts to emerge in a way that simply hooks students into learning almost despite themselves. There is nothing for them to push against ('What's the point?!' 'This is boring..!') as they have helped shape the direction of the lesson in a way that makes it real and useful to them. All this without them even realising what is going on! They have been 'lured into learning' and the process is shared with teachers in this book, with examples as to how it can be done and how the author has done it. Reading this book will support teachers in developing ideas that motivate everybody in the classroom, from infants to secondary and beyond. Whether you're new to teaching or have vast experience you will find in this book inspiration to raise achievement, improve behaviour and enhance creativity in the classroom and you will change the way you approach lesson planning forever.

If you don't want to study counseling formally but do want to understand the basics thoroughly enough to be an effective everyday counselor, this is where you start. Step by step, we show you how to become a skilled helper in all the roles you play in life, personal and professional. The book draws on the work of Professor Gerard Egan, whose approach has been followed by trained counselors and therapists around the world for well over 40 years. We've distilled these time-tested principles and practices to their essence but without compromising on their authenticity. Simplified, yes, but never simplistic. The book introduces a fresh and easy-to-follow way of looking at the helping process, breaking it down into a series of nine conversations that each represent a critical step on a logical journey from problem to some life-enhancing outcome. This flexible, all-purpose approach is independent of any psychological theory and makes sense to everyone, regardless of background. In short, it feels natural, and with practice becomes second nature, providing you with a framework for helping yourself as well as others deal with the challenges of living. We describe the seven essential communication skills you need to have at your command when helping people to make beneficial decisions about their problems, issues and opportunities. Throughout, key concepts are supported with examples and structured exercises.

This book introduces readers to basic helping skills and advanced helping techniques within an eclectic framework, providing interactive, step-by-step instructions and practice exercises. A straightforward writing style discusses the most commonly used techniques, and prepares future practitioners to integrate assessment data, plan treatment, and

implement strategies for a wide range of clients. Chapter topics include the therapeutic relationship; invitational skills; reflecting and advanced reflecting skills; understanding the client; challenging, goal-setting, and solution skills; enhancing efficacy and self-esteem; practicing new behaviors; new learning experiences; and evaluating the effectiveness of helping. For counselors, social workers, psychologists, and anyone interested in learning the basic techniques of helping.

This workbook contains a variety of exercises and activities designed to help young learners advance the fine motor skills that are essential to the handwriting process, beginning by tracing lines and curves, and then gently introducing some letter-writing practice. Several mazes are also included in the book as a fun way to promote visual motor skills, eye-hand coordination, and problem-solving skills. Young students are introduced to the letters of the alphabet in exercises that have them trace Lowercase Alphabet and then practice writing them on their own. Numbers are also presented in an engaging way, with a lesson in phonetics as well as exercises for tracing and writing numerals. A section of connect-the-dot games provides more motor skills development along with helping children learn the order of alphabet, while fill-in-the-blank games reinforce alphabet learning in a different way and provide more practice in writing the missing letters. My BIG Book of Writing! is a versatile tool that can help children who are struggling with writing skills to work at a comfortable level, as well as assisting those for whom writing comes more easily to experience the multitask learning their developing minds are hungry to absorb. Whatever level a child is at, the activities and exercises in this workbook will stimulate the learning process and prepare him or her for reading and other learning challenges ahead.

Students and beginning counselors get step-by-step guidance for developing the skills and techniques they need to effectively help their clients. This sixth edition of the best-selling Learning the Art of Helping: Building Blocks and Techniques emphasizes the techniques and skills necessary to be effective in the art of helping, from basic building blocks to advanced therapeutic techniques. The text is practical, innovative, and focused on the relationship between helper and client. The author incorporates the latest research on effective treatments, while offering an integrative perspective. The author's conversational tone is appealing to students, yet the book is carefully referenced for instructors. The goal is to make beginning helpers become "reflective practitioners." "Stop and Reflect" sections, exercises, homework, class discussion topics, and Journal Starters support this approach. The sixth edition includes new sections highlighting issues of culture in research, challenges related to gender differences, and helping skills specific to children.

The eye of the camera lens is a window to our world. Through it, we see beauty, tragedy, and the passing of our lives. Sometimes, if we are especially fortunate, we are privileged to view fleeting moments in history. "Eye Remember" is a personal glimpse at the people, places, and events that shaped a generation of post World War II "baby-boomers." This volume contains photos, all from the author's personal collection, and profiles of celebrities, activists, and political leaders from those times. They colored the lives of us all.

Neuroscience tells us that the products of the mind--thought, emotions, artistic creation--are the result of the interactions of the biological brain with our senses and the physical world: in short, that thinking and learning are the products of a biological process. This realization, that learning actually alters the brain by changing the number and strength of synapses, offers a powerful foundation for rethinking teaching practice and one's philosophy of teaching. James Zull invites teachers in higher education or any other setting to accompany him in his exploration of what scientists can tell us about the brain and to discover how this knowledge can influence the practice of teaching. He describes the brain in clear non-technical language and an engaging conversational tone, highlighting its functions and parts and how they interact, and always relating them to the real world of the classroom and his own evolution as a teacher. "The Art of Changing the Brain" is grounded in the practicalities and challenges of creating effective opportunities for deep and lasting learning, and of dealing with students as unique learners.

A surprisingly simple way for students to master any subject--based on one of the world's most popular online courses and the bestselling book A Mind for Numbers A Mind for Numbers and its wildly popular online companion course "Learning How to Learn" have empowered more than two million learners of all ages from around the world to master subjects that they once struggled with. Fans often wish they'd discovered these learning strategies earlier and ask how they can help their kids master these skills as well. Now in this new book for kids and teens, the authors reveal how to make the most of time spent studying. We all have the tools to learn what might not seem to come naturally to us at first--the secret is to understand how the brain works so we can unlock its power. This book explains:

- Why sometimes letting your mind wander is an important part of the learning process
- How to avoid "rut think" in order to think outside the box
- Why having a poor memory can be a good thing
- The value of metaphors in developing understanding
- A simple, yet powerful, way to stop procrastinating

Filled with illustrations, application questions, and exercises, this book makes learning easy and fun.

This book is designed to promote pre-literacy skills, growth and development, and fun! Welcome Smart Artt is the first book in a series of children's books that teach parents about growth and development for children ages birth to three. This series provides information that every parent and caregiver should know, in the short amount of time that it takes to enjoy a fun children's story! Welcome Smart Artt and The Artt of Early Learning Series make excellent baby shower gifts, yet older children love the stories too! Meet Smart Artt. He is loved by all! Since the moment Smart Artt was born, he's always doing something that makes him even smarter. Unfortunately, his ideas often cause a bit of mischief! He will make you smile. He will make you laugh. He will find a place in your heart.

Learn the Ancient Art that will Spice Up your Bedroom! - 10 Amazing Tantric Positions Included In this book, you will learn how the practice of Tantra has helped many couples achieve greater sexual satisfaction and intimacy. Tantric Sex is a form of Sacred Sexuality practiced by Tantrics, using many ancient Tantric teachings. Many people are interested in the many sexual tips and tricks that Tantric Sex offers. While you will experience an increased excitement and enjoyment of each other's bodies and minds, the principles of Tantric offer so much more in terms of helping you develop closer, more

meaningful, and highly rewarding relationships. With the consistent application of Tantric principles, you'll find that your commitment and love will only grow deeper. Most scholars trace Tantra back to India around 500 AD. These set of beliefs, teachings, and practices help practitioners worship and experience the Divine. Through this worship, Tantric practitioners aimed to achieve spiritual awakening, enlightenment, and freedom. Much like other Eastern traditions, Tantra promotes a greater awareness of the Divine in yourself, others, and the world. Join me in learning the amazing impact that Tantra can have on the quality of your life and of your relationships. Here is a preview of what you will learn... - The ancient and somewhat mysterious origins of Tantra and Tantric Sex - How to increase the levels of intimacy with your partner using lighting, sounds and scents... - How different breathing techniques will enhance your pleasure and that of your partner - The benefits and methods to incorporate meditation to the sexual act - 10 amazing tantric positions to increase your pleasure in the bedroom Purchase your copy today!

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You're trying to help--but is it working? Helping others is a good thing. Often, as a leader, manager, doctor, teacher, or coach, it's central to your job. But even the most well-intentioned efforts to help others can be undermined by a simple truth: We almost always focus on trying to "fix" people, correcting problems or filling the gaps between where they are and where we think they should be. Unfortunately, this doesn't work well, if at all, to inspire sustained learning or positive change. There's a better way. In this powerful, practical book, emotional intelligence expert Richard Boyatzis and Weatherhead School of Management colleagues Melvin Smith and Ellen Van Oosten present a clear and hopeful message. The way to help someone learn and change, they say, cannot be focused primarily on fixing problems, but instead must connect to that person's positive vision of themselves or an inspiring dream or goal they've long held. This is what great coaches do--they know that people draw energy from their visions and dreams, and that same energy sustains their efforts to change, even through difficult times. In contrast, problem-centered approaches trigger physiological responses that make a person defensive and less open to new ideas. The authors use rich and moving real-life stories, as well as decades of original research, to show how this distinctively positive mode of coaching—what they call "coaching with compassion"--opens people up to thinking creatively and helps them to learn and grow in meaningful and sustainable ways. Filled with probing questions and exercises that encourage self-reflection, *Helping People Change* will forever alter the way all of us think about and practice what we do when we try to help.

The Art of Self-Directed Learning is a collection of 23 stories and insights that will help you become a more motivated and self-guided learner. Drawing on a decade of research, adventures, and interviews conducted by Blake Boles (author of *College Without High School and Better Than College*), this book will inspire you to craft your own unconventional education, no matter whether you're a young adult, recent graduate, parent, or simply someone who never wants to stop learning. Each chapter is brief, story-oriented, and accompanied by an original line drawing, making *The Art of Self-Directed Learning* a great choice for readers and "non-readers" alike.

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