



The Career Fitness Program: Exercising Your Options, Seventh Edition

Diane J. Sukiennik, William Bendat, Lisa Raufman

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For Career Development, Job Search, and Career/Life Planning courses/workshops. Designed to help students choose, change, or confirm career choices, this best-selling text/workbook is firmly focused on today's career realities and economy-with sufficient breadth to encourage change and growth for students of all ages, backgrounds, and circumstances. Exceptionally "user-friendly," it offers a "holistic" approach to career development, emphasizes the importance of attitude in the process and follows the standard sequence of career search and decision-making issues-Self-Assessment, The Job Market, Decision Making, and The Job Search. Every section is filled with positive-yet pragmatic-discussions, relevant exercises, and real-life examples of resources and techniques.

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