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0 of 0 people found the following review helpful. Five StarsBy Louise S.Very helpful.4 of 4 people found the following review helpful. Great for career changers - and those who work with themBy Jennifer C. HoulihanAs a women's career strategist, I work with all kinds of clients - those looking for their first job, those looking for a promotion, those looking to change fields completely - you name it. I use parts of this substantial book to work with all of them, and regularly recommend the whole book as a framework for our work.The gentle watercolor and pen-and-ink illustrations, in berry and blue ink on creamy paper, disguise the massive amount of helpful information. The accessible and warm text walks folks through the vital questions often skipped in a simple job search: "What does my lifestyle cost?" "Do I want to change it?" "What do I need to make to have the lifestyle I want?" And of course, "How can I check out careers before I choose one? - I'm too old for Career Day!"This book takes you on a journey all the

way from looking at who you are, to choosing what you want, to designing an action plan to get you there. An excellent resource, no matter where you open it. Highly recommended. 0 of 0 people found the following review helpful. Turns a serious quest into a practical, non-intimidating, and fun adventure of self-discovery. By Midwest Book Review. The collaborative work of Mindy Bingham and Sandy Tryker, *Career Choices And Changes: A Workbook For Discovering Who Your Are, What You Want And How To Get It* provides the reader with an effective and very highly recommended personalized decision making process that will enable that reader to answer the fundamental questions of Who am I?, What do I want?, and How do I get it? Presented in a journal format, the text is thoroughly accessible, occasionally humorous, and turns a serious quest into a practical, non-intimidating, and fun adventure of self-discovery and short-term/long-term life goal planning for anyone at any time of life from 18 to 68. *Career Choices and Changes* is especially commended to the attention of anyone seeking to increase their self-knowledge, assess their preferred work style and occupational environment, in need of insight and advice on keeping their life in balance, solving problems, setting goals, making decisions, taking risks, tolerating anxiety, and promoting the skills and attitudes fundamentally necessary to thrive in a rapidly changing and always challenging marketplace.

New offering by best-selling authors with over 2 million books in print. Though this new offering is laid out to resemble an attractive journal, *Career Choices and Changes* is actually a carefully designed, self-paced, decision-making process that leads readers through some of life's most important decisions. Never preachy, the book contains a variety of questionnaires, self-evaluation exercises, quizzes and Internet resources that empower individuals to think seriously about their career and lifestyle options. There is nothing like it on the bookstore shelves today. At first glance it is humorous, simplistic, and playful. And yet once you get into it, it is profound, compelling and serious-and ultimately life-changing. Whoever takes the time to work through this process will come away with a new sense of what is possible in their lives. Whether you are entering the workforce for the first time, or re-evaluating your career path, *Career Choices and Changes* will turn a daunting and intimidating decision into a non-threatening-and, yes-even fun adventure.