

# CareerCode: Know Your Code, Find Your Fit

*Jan Lowe, Tracy Lungrin*  
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## CareerCode

KNOW YOUR CODE,  
FIND YOUR FIT



Jan Lowe • Tracy Lungrin

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**Jan Lowe, Tracy Lungrin : CareerCode: Know Your Code, Find Your Fit** before purchasing it in order to gage whether or not it would be worth my time, and all praised CareerCode: Know Your Code, Find Your Fit:

1 of 1 people found the following review helpful. Excellent career planning guideBy ZenGuyThe Holland code system has been in use for years, but it can be challenging to find the right tests and resources to understand it and put it to good use. It's a great system, but it hasn't been marketed well. That's why this book is so valuable. It provides stories and examples which are easy to relate to. O\*Net for example has information online about the Holland code system, but this book really helps guide you to a solid understanding and practical use of the code.They first describe the

interests at a high level: Realistic, Social, Investigative, Enterprising, Artistic, and Conventional. Instead of asking you to take a giant test which might overwhelm you, they simply ask you to rank the interests according to your preferences. What I especially enjoyed about the book is how they describe a wide variety of code combos. When looking at Investigative for example, they look at IA, IC, IR, IS, and IE, and they also provide specific examples of an occupation and a famous person fitting that code. They're also clear about discussing how the codes relate to job availability in the job market since some codes fit more jobs than others. There are plenty of online personality and career tests, but it's difficult to find something which works quickly, accurately, and is marketed well. There are many people who are unfortunately unable to understand what their natural strengths are and how those strengths fit a specific career. This kind of book is needed more than ever. It's highly recommended for all ages and career interests.

0 of 0 people found the following review helpful. As a Career Coach who works with the Holland Code ...By Jaymie Pompeo  
As a Career Coach who works with the Holland Code theory on a regular basis, this book has been a tremendous tool in helping people with self-assessment and finding their direction. Not only do you go into more depth about each category, but the authors have done an incredible amount of research to break it down further with suggested occupations/work environments. While it's still not all-encompassing, it really helps paint the picture of the possibilities one can consider once they've ironed out their career code.

6 of 6 people found the following review helpful. A Must Read for anyone struggling to find their "Career Fit"By Molly Kuhl  
This book is a must read for anyone who is struggling to find their path in the job market. Jan Lowe and Tracy Lungrin have broken the search to find your fit down to a science using the Holland Codes, and they have interpreted them in a way that the common person can understand. Whether you are a student entering the job market or someone mid-career looking for something different, this book will help you figure things out. This book helped me understand why I have been so frustrated in my current job, and what types of jobs I should be doing. Because work should be satisfying and not a miserable experience!!!

The modern job market is ceaselessly expanding as technology and culture changes. Today, there are more than forty thousand different job titles in the United States, each demanding different training, talents, and personalities. With *CareerCode: Know Your Code, Find Your Fit*, Jan Lowe and Tracy Lungrin have shared a cutting-edge and enlightening process that links personal traits, interests, and work environments to real and practical careers in today's rapidly changing world. This guide can help:

- Students wishing to explore career options smartly
- Workers in unsatisfying career paths
- Retirees seeking a purposeful job or volunteer opportunity
- Counselors and life coaches seeking new tools and techniques for their practices
- Parents or caring individuals interested in helping a loved one find suitable career choices
- Managers, HR professionals, or talent directors looking to learn more about employee job fit

The codes explored in this book supply any career seeker with the roadmap to end career gridlock and begin a unique and fulfilling future. Know your code and find your fit!

"I would recommend this book to everyone wishing to take control of their working life in an intelligent, organized, and authentic way." ---- Jane Downes, author of *The Career Book: Help for the Restless Realist*

About the Author  
Jan Lowe and Tracy Lungrin are the founders of CareerCode. Between the two of them, they have more than fifty years of experience and have helped thousands of individuals find their purpose. Jan has a master's degree in vocational rehabilitation counseling, and enjoys traveling and beading in her free time. Tracy has a master's degree in school counseling and college student development, and enjoys traveling and golf. For more information, please visit [careercode.com](http://careercode.com).