



Career Stress in Changing Times (Prevention in Human Services)

Robert E Hess

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In terms of time, energy, and money, a career is one of the most important investments that a person makes during his or her lifetime. Career Stress in Changing Times is an exciting volume that covers the entire career cycle, from beginning through mid-career dilemmas to the retirement transition. Many key career issues and stressors--as they are experienced during each stage of one's career--are examined. Experts also explore the major social and cultural forces that influence careers and will continue to do so in the next century, including women's influx into the workplace, the decline of blue-collar labor, the changing demographics of our nation, and the movement toward a world economy. Career Stress in Changing Times is ideal for individuals involved in career planning activities, professionals counseling people engaged in career planning transitions, and educators involved in teaching career planning seminars. This volume is unique in that it blends the work of academic researchers with that of practitioners on the firing line; it blends theoretical and conceptual work with empirical, data-based research as well as with the results of in-depth interviews and reports from the direct experience of practitioners.

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