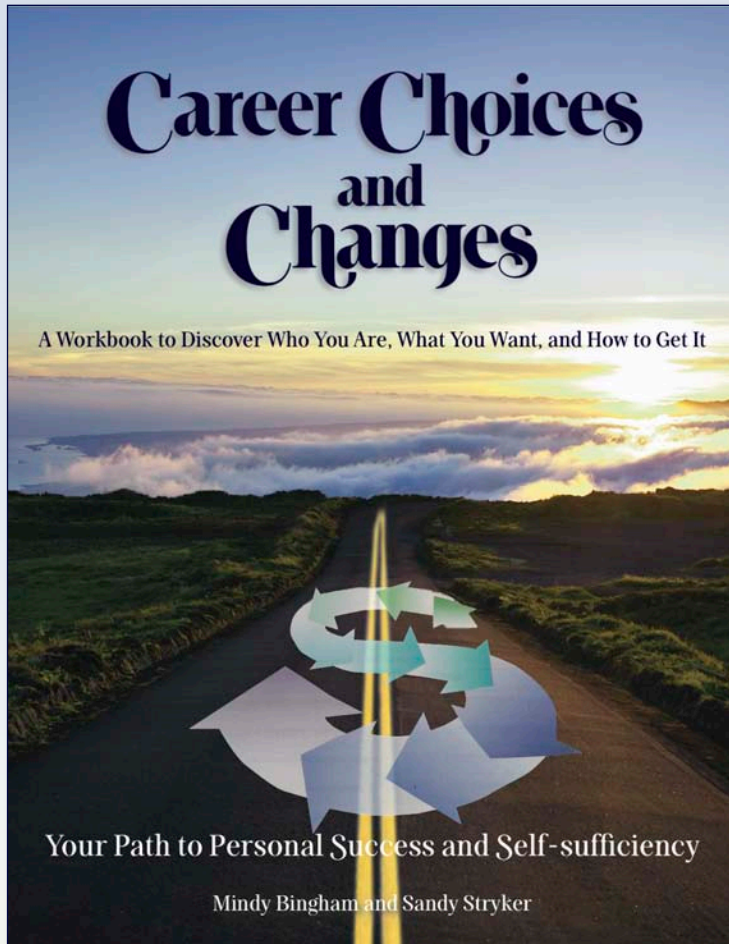


*It's like having a career counselor in a package!*

*It gently guides the reader through the process of making some of life's most important decisions.*

**Pat Schwallie-Giddis, Ph.D.**

Program Director, Counseling/Human and Organizational Studies,  
The George Washington University  
Board Member, National Career Development Association



Laid out to resemble an attractive journal, *Career Choices and Changes* is actually a carefully designed, self-paced program that learners will find logical and easy to follow. It is inspiring and, at the same time, realistic. Filled with engaging anecdotes, the text leads the learner through many insightful questionnaires, self-evaluations, and exercises that empower individuals to think seriously about their aptitudes and inclinations.

Never preachy, *Career Choices and Changes* employs gentle humor as it helps the learner determine the most suitable course for their own future happiness.

Whether a person is entering college or the workforce, contemplating a midlife career change, or transitioning into a new career phase, *Career Choices and Changes* will help them evaluate their skills, desires, and values, and integrate them into a plan for realizing their dreams.

*Career Choices and Changes: A Workbook to Discover Who You Are, What You Want, and How to Get It* is a rich and appealing offering from Mindy Bingham and Sandy Stryker, authors of the award-winning *Career Choices*.

*Whether you're 18, 38, or 58, the career decision-making process is the same. You've provided a tool that can be referred to over a lifetime.*

**Ken B. Hoyt, Ph.D.** (deceased)

Former Director, Office of Career Education, U.S. Department of Education  
Past President, National Career Development Association  
Past President, American Counseling Association

*You've done it again! It's bound to become a classic.*

**Mary M. Wiberg**, Executive Director  
California Commission on the Status of Women

# Unique... Creative... Powerful!

*Whoever takes the time to work through this process will come away with a new sense of what is possible in their lives.*

**James Campbell, Ed.D.**

Former Executive Director, Delaware Tech Prep

**Career Choices and Changes is unique** because it provides a step-by-step workbook/journal format to help the learner discover--for themselves--the careers that best match their passions, lifestyle aspirations, skills, and aptitudes. Rather than the didactic copy of a traditional career planning book, *Career Choices and Changes* uses the Socratic Method, allowing the learner to contemplate their individual answers to vital self-discovery and personal planning questions--much like a personal career coach.

*Career Choices and Changes* introduces a **process** for career and lifestyle decision-making that can be used over and over again empowering the learner to productively navigate a lifetime of workplace and personal change and plotting a course for the lifelong learning that change necessitates.

*This is a sane approach to an emotional issue. You've made a daunting and intimidating decision into a non-threatening--and, yes--even fun adventure.*

**Deborah Hutchinson**

Executive Producer, Panther Productions, Inc.

*The workbook is well conceived and organized...punctuated with pertinent examples. Bingham lovingly and methodically presents the multi-faceted career decision-making process as an integral part of one's whole life.*

**Dr. Janet E. Wall**

President, Sage Solutions

*As a college counselor I am frequently asked for credible career counseling resources. I love the diversity of your activities and creative ways you guide the reader into looking at the variety of issues that impact career choice.*

**Stina Hans**, MS Guidance and Counseling  
Reader, UCLA Undergraduate Admissions  
Adjunct Professor, Santa Barbara City College

*The book is so readable...it sweeps the reader up and maintains a fast pace to the last page. As a senior management consultant, the book worked for me by reminding me to think about my values, hopes, and dreams even as I turn the corner yet again.*

**Lois Phillips, Ph.D.**

Speaker, Executive Management Consultant  
Co-author, *Women Seen and Heard*

For more information or to schedule an online demonstration, visit  
[www.academicinnovationshighered.com](http://www.academicinnovationshighered.com) or call Matt Jenkins at (800) 967-9220, ext. 13.