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Nota di contenuto	Cover Page; Title; Copyright; Contents; 'Activity Trail' Exercises; Acknowledgements; Introduction; 1 Composing a life; 2 Developmental tasks and themes; 3 Counselling across the life course; 4 Transitions and turning points; 5 Life stories; 6 Taking a life course perspective; Appendix: commentaries on the Activity Trail exercises; References; Index
Sommario/riassunto	The author introduces counsellors to the concept of the life course as a multidimensional and multidisciplinary framework for thinking about clients' lives within and beyond the counselling setting. It aims to give counsellors an understanding of human development and how it impacts upon their work with clients.