

1. Record Nr.	UNINA9910798498103321
Autore	Whelan Christine B. <1977->
Titolo	The big picture : a guide to finding your purpose in life / / Christine B. Whelan, PhD
Pubbl/distr/stampa	Conshohocken, Pennsylvania : , : Templeton Press, , 2016 ©2016
ISBN	1-59947-510-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (257 p.)
Classificazione	SEL031000SEL021000SEL027000
Disciplina	646.70084/2
Soggetti	Self-actualization (Psychology) Motivation (Psychology)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Cover ; Title ; Copyright ; Contents ; Preface ; Acknowledgments ; Chapter 1: Preproduction: The Time Is Now ; Chapter 2: The Experiment That Could Change Your Life; Part One: Character Development; Chapter 3: Carpe Diem ; Chapter 4: Identify Your Talents, Strengths, and Skills ; Chapter 5: Lose the Shoulds, Find the Values ; Part Two: Vision, Purpose, . . . and . . . Action! ; Chapter 6: Passions in Action ; Chapter 7: A Vision for Change ; Chapter 8: Building Your Purpose ; Chapter 9: Committed to Purpose ; Part Three: Bringing Purpose to Life ; Chapter 10: Plot Twists Chapter 11: Your Supporting Cast Chapter 12: Postproduction ; Appendix A: Survey Responses ; Appendix B: Blank Movie Reels ; References and Recommended Reading ; About the Author
Sommario/riassunto	""If young adults could be guided in the right direction for a life journey of meaning and purpose we would be grooming the leaders of tomorrow for a better world. This book is the perfect guide." --Deepak Chopra, MD, FACP, founder of the Chopra Center for Wellbeing and author of The Four Agreements: A Practical Guide to Personal Freedom What am I going to do for the rest of my life? For young people at a turning point--whether it's facing the end of high school, college, graduate school, or just a dead-end job--this is a familiar question. Maybe they have the degree they wanted, but don't know where to start in their job search. Maybe they're still in the process of choosing a

major, and given the range--from "Biochemistry" to "Adventure Education"--are lost in the options. Maybe they're facing a mountain of debt, but don't want to get locked into a job they hate. While other books might give advice on writing resumes or preparing for interviews, they only go so far. Young people want more than just another job--they want a life, and a meaningful one at that. Enter The Big Picture. Created by the leading authority on self-help research, and reviewed by over six hundred college students, Dr. Christine B. Whelan's The Big Picture offers a guide to discover one's talents, dreams, and desires that can then lead a person to not only a fulfilling career, but a fulfilling life. It guides young people to take a step back and look at the "big picture" of who they are, what they want, and why they're here. Through quizzes and questionnaires which have been vetted by college students, Whelan guides the reader through "big picture" questions like, What are my talents--and how can I use those to help others and create meaning? How have my life experiences shaped who I am and what I can give? What do I value--and how can I be happy while being true to those values? Although there are endless books on finding a job, this is the first book that presents research-based and tested material to help young people answer the question, What am I going to do with my life? A great gift for a graduate or a guide for yourself, The Big Picture provides the resources needed to find--and live--a purposeful life"--

---