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Nota di bibliografia	Includes bibliographical references (p. 245-258) and indexes.
Nota di contenuto	Cover; Brief Contents; Detailed Contents; Preface; PART I: Career Counseling Perspectives; 1 - Introduction; 2 - Career Development Theories: An Overview; 3 - Career Counseling Practices; 4 - Constraints Affecting Career Choice and Development; 5 - Career Choice and Development and the Changing Nature of Work; PART II: Mental Health Issues and Solutions; 6 - Depression and Its Impact on Career Development; 7 - Other Mental Health Issues and Career Concerns; 8 - Cultural Diversity Dimensions; 9 - Personality Development and Disorders and Their Effect on Career 10 - Assessing Personality Development Through Personality Inventories 11 - Work Stress; 12 - Interventions and Case Studies; Appendix A: Acculturation Scales; References; Name Index; Subject Index; About the Author
Sommario/riassunto	This text integrates career counselling/development with mental health counselling. The book builds on the growing recognition that career counselling cannot be viewed in isolation of mental health issues, an

individual needs to be viewed as a whole person whose psyche and mental health are delicately intertwined.
