



Creating the Work You Love: Courage, Commitment, and Career

Rick, Ph.D. Jarow

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In this unique and provocative look at work, career counselor Rick Jarow argues for a return to the concept of vocation--finding a "calling" instead of a job.

Traditional career guides inventory the individual skills, talents, and abilities that correlate to specific existing jobs. *Creating the Work You Love* presents a unique alternative approach, using self-reflective exercises based on the seven chakras, to help you determine the elements you need to create a life filled with meaning and purpose.

Jarow believes that it is possible to live and act from the most authentic part of ourselves, and to express our strongest values, energies, and talents through our work in the world. Concentrating on the attributes associated with each of the body's energy centers, or chakras, Dr. Jarow helps us form a bridge between our personal priorities and the external activities of the work world. Once this bridge is established, strategies are developed to find a career that nourishes all aspects of our lives.

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