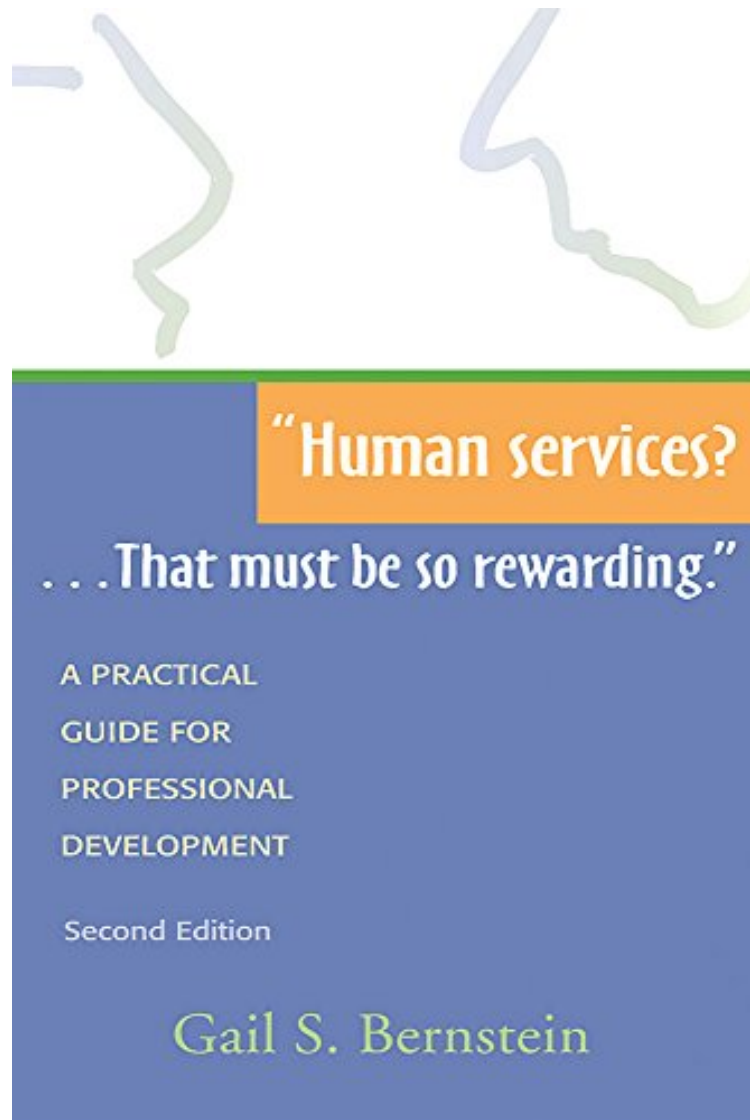


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Gail Bernstein Ph.D.

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The second edition of this ultra-practical resource helps both students and professionals in the human services fields be more focused and fulfilled in the work they do. By working through self-analysis exercises on issues such as work-related values and conflicts, personal goals and limits, respect for consumers, collaboration among colleagues, and stress management, readers can learn to avoid burnout and approach their work more realistically and optimistically. The author offers practical examples and essential survival tips to help professionals keep up with changes in the human services field. The book is illuminated by candid, insightful comments from a variety of experienced professionals, including those who work with people with disabilities, children who have been abused, people with substance addictions, people with chronic mental illnesses, and people at risk for HIV/AIDS. An essential preservice and in-service training text, as well as an excellent self-help resource for professionals in direct services, social work, counseling, physical and occupational therapy, speech-language pathology, special education, rehabilitation, elder care, and any other human services profession.