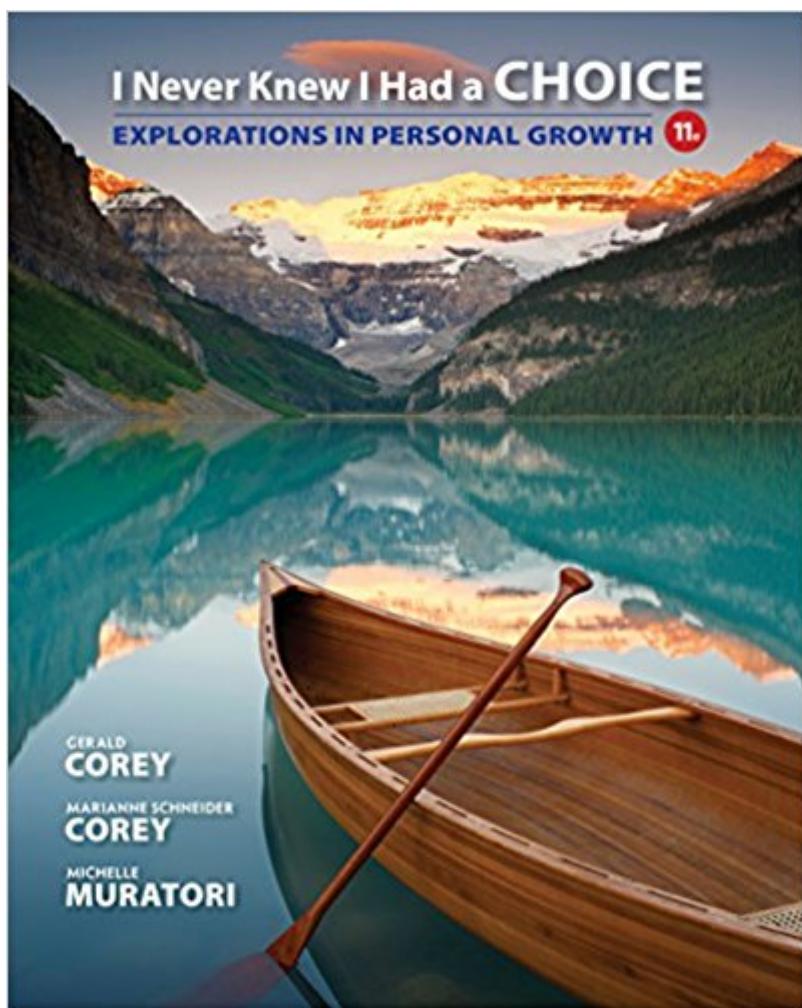


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# I Never Knew I Had A Choice: Explorations In Personal Growth



## Synopsis

Honest and inspiring, I NEVER KNEW I HAD A CHOICE: EXPLORATIONS IN PERSONAL GROWTH, 11th Edition, will motivate you to focus on your personal growth and create real change. The text covers a broad range of key topics, including personal style of learning, the effects of childhood and adolescence experiences on current behavior and choices, meeting the challenges of adulthood and autonomy, and many other issues related to personal growth and development. The warm yet research-based discussion of significant dimensions of life will help you examine the choices you've made, expand your awareness of the choices available to you, and choose where to go from here. As you work through the text's self-inventories, exercises, and activities -- and read the first-person accounts of the difficult choices real people have made -- you'll gain invaluable insight into your life, beliefs, and attitudes in a personally empowering way.

## Book Information

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Apply chapter concepts to your

own life. Chapters begin with a self-inventory to assess your attitudes and beliefs - helping you clarify personal views. Take time to reflect. "Take Time to Reflect" activities help stimulate critical thinking about how the material affects you personally. Where can I go from here? End-of-chapter "Where Can I Go From Here" exercises help you apply text material, while personal assessment tools provide insight into your own behavior. Learn & gain insight from the experiences of others. "Personal Stories" offer accounts of how others

have dealt with their own struggles and the choices they have made in response to their challenges.

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Gerald Corey is Professor Emeritus of Human Services and Counseling at California State University at Fullerton. He received his doctorate in counseling from the University of Southern California. He is a Diplomate in Counseling Psychology, American Board of Professional Psychology; a licensed psychologist; and a National Certified Counselor. He is a Fellow of the American Psychological Association (Division 17, Counseling Psychology; and Division 49, Group Psychotherapy); a Fellow of the American Counseling Association; and a Fellow of the Association for Specialists in Group Work. Both Jerry and Marianne Corey received the Lifetime Achievement Award from the American Mental Health Counselors Association in 2011, and both also received the Eminent Career Award from ASGW in 2001. Dr. Jerry Corey was given the Outstanding Professor of the Year Award from California State University at Fullerton in 1991. He regularly teaches both undergraduate and graduate courses in group counseling and ethics in counseling. He is the author or coauthor of 15 textbooks in counseling currently in print, along with more than 60 journal articles and book chapters. Marianne Schneider Corey is a licensed marriage and family therapist in California and a National Certified Counselor. She received her master's degree in marriage, family, and child counseling from Chapman College. She is a Fellow of the Association for Specialists in Group Work and received the organization's Eminent Career Award in 2001. She received the Lifetime Achievement Award from the American Mental Health Counselors Association in 2011, and is a member of that organization. She also holds memberships in the American Counseling Association, the American Group Psychotherapy Association, the Association for Specialists in Group Work, the Association for Multicultural Counseling and Development, the Association for Counselor Education and Supervision, and the Western Association of Counselor Education and

Supervision. In the past 40 years, Marianne Schneider Corey and Jerry Corey have presented workshops in group counseling for mental health professionals at many universities in the United States as well as in Canada, Mexico, China, Hong Kong, Korea, Germany, Belgium, Scotland, England, and Ireland. In addition to ISSUES AND ETHICS IN THE HELPING PROFESSIONS, Dr. Corey has coauthored the following Cengage books: GROUPS: PROCESS AND PRACTICE, 10th Edition (2018, with Gerald Corey and Cindy Corey); I NEVER KNEW I HAD A CHOICE, 11th Edition (2018, with Gerald Corey and Michelle Muratori); BECOMING A HELPER, 7th Edition (2016, with Gerald Corey); and GROUP TECHNIQUES, 4th Edition (2015, with Gerald Corey, Patrick Callanan, and Michael Russell). Michelle Muratori is a senior counselor and researcher at the Center for Talented Youth at Johns Hopkins University in Baltimore, Maryland, where she works with highly gifted middle school and high school students who participate in the Study of Exceptional Talent and their families. After earning her MA in counseling psychology from Northwestern University in Evanston, Illinois, Michelle received her PhD in counselor education from the University of Iowa. Her graduate research on the academic, social, and emotional adjustment of young college entrants earned her recognition from the Iowa Talented and Gifted Association, the National Association for Gifted Children, and the Mensa Education and Research Foundation and Mensa International, Ltd. At the University of Iowa, Michelle also earned the Howard R. Jones Achievement Award, the Albert Hood Promising Scholar Award, and the First in the Nation in Education (FINE) Scholar Award. Since 2005, Michelle has been a faculty associate in the Johns Hopkins School of Education (in the Counseling and Human Development area) and teaches courses in theories of counseling, group counseling, couple and family therapy, and diversity and social justice in counseling. In 2014, she was honored with the Johns Hopkins University Alumni Association Excellence in Teaching Award. Michelle regularly presents at national conferences in counseling and gifted education and is a member of the American Counseling Association (ACA), the Association for Counselor Education and Supervision (ACES), the Maryland Association for Counseling and Development (MACD), and the National Association for Gifted Children (NAGC).

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