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

By Rick Jarow Ph.D.



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Creating the Work You Love: Courage, Commitment, and Career By Rick Jarow Ph.D.

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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Editorial Review

Review

"This wise and inspiring book can help you create a life that is a work of art." (*Yoga Journal*)

"Jarow writes almost like a poet, offering references to mythology, guided meditations, and thoughtful exercises. He brings each of the pieces into place with such clarity that they add, rather than detract, from this thought-provoking, affirming approach to life design." (*Amherst Bulletin*)

From the Back Cover

CAREER / BUSINESS

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

Traditional career guides focus on external issues (the job market, the economy, financial needs) and inventory the individual skills, talents, and abilities that correlate to specific existing jobs. *Creating the Work You Love* presents an alternative approach to the job search: start with the values that make each individual's life worthwhile. The essential question then isn't "What do I want to do?" but "How do I want to be in the world?"

The author uses self-reflective exercises based on the seven chakras to determine what you need to create a life filled with meaning and purpose. By clarifying the issues related to particular energy centers in the body, you can map a pathway from the inner to the outer world and create a bridge between personal priorities and daily activities.

Once this bridge is established, the author helps you develop strategies toward actually *finding* the career that expresses your personal vision. The exercises collected in the final sections--meditation techniques, alternative approaches to time management, and tips for setting priorities (instead of goals)--can be incorporated into a daily program that will help you find work that isn't merely a job but a form of authentic personal expression.

RICK JAROW, Ph.D., Visiting Professor of History of Religion at Vassar College and former Mellon Fellow in the Humanities at Columbia University, is a practicing alternative career counselor. The author of *In Search of the Sacred* as well as numerous article and audiotapes, he presents seminars on career and soul in the United States, Canada, Italy, Germany, and Eastern Europe.

About the Author

Rick Jarow, Ph.D., is a Visiting Professor of History of Religion at Vassar College and former Mellon Fellow in the Humanities at Columbia University. He is a practicing alternative career counselor and is the author of *In Search of the Sacred* as well as numerous articles and audiotapes. His seminars on Career and Soul have been given at Columbia University's Career Development Seminar, Interface in Boston, The New York Open Center, the Connecticut State Council on the Arts, and internationally in Canada, Italy, Germany, and Eastern Europe. He lives in Warwick, NY.

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