



# Reaching Your Potential: Personal and Professional Development (Textbook-specific CSFI)

*Robert K. Throop, Marion B. Castellucci*

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REACHING YOUR POTENTIAL takes a holistic approach to helping students take control of their lives and improve their self-belief. The text is organized around the four areas of emotional, intellectual, physical and social potential. Through a process of learning and self-examination, students discover their values, increase their commitment to personal goals, and challenge themselves to grow and learn. While gaining practical knowledge and skills, students will discover their emotional, intellectual, physical, and social resources. This model, which is thematically integrated throughout the text, allows readers to emerge from their learning experience understanding the importance of developing each of these areas in order to reach their fullest potential. The text involves readers in active learning with self-assessments, activities that apply concepts to their own lives, questions that test comprehension, and case studies to foster critical-thinking skills.

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