

tools of the trade

Three Boxes of Life *The Three Boxes of Life and How to Get Out of Them: An Introduction to Life/Work Planning.* Richard N. Bolles. Berkeley, California: Ten Speed Press, 1978. 466 pp. \$7.95 (paper).

Bolles, the author of *What Color Is Your Parachute?* and *Where Do I Go from Here with My Life?* has written a new book to help individuals balance the three segments of their lives: education, work, and leisure (retirement). It addresses the critical issues that surface in each segment—effectiveness, meaning or mission, survival, and what’s happening.

The book is divided into three main chapters: Life Long Learning, Life Long Working, and Life Long Leisure and Playing. In the chapter on learning, Bolles helps the reader picture educational possibilities and provides keys to self-directed exploration.

The chapter on working maps the world of work and in one section explodes myths about the job market. This chapter also includes self-esteem building materials, guides to resume preparation, and suggestions for improving job satisfaction and effectiveness.

The chapter on playing offers advice for enjoying leisure in early, middle, and later years and discusses retirement versus disengagement from life.

The book is written in a straightforward manner and includes illustrations, worksheets, checklists, and an extensive appendix of supplementary materials. It is the outgrowth of work done on the National Career Development Project

sponsored by the United Ministries in Higher Education and funded by a special grant from the Lilly Endowment. This project came into being because the nine participating denominations felt that people were in need of help in deciding what to do with their lives.

This book can be of personal value or as a resource to aid in the development of others with whom you counsel.