

Helen Harkness Announces “Don’t Stop The Career Clock” Now Available as Audio Book

Garland, March 15, 2007 . . . Dr. Helen Harkness, an internationally recognized consultant, counselor, speaker and writer on career change and chaos, has announced the immediate availability of her first audio book. It’s an adaptation of her popular 1999 Re-Careering manual, “Don’t Stop the Career Clock,” and the book, like many of Harkness’ prognostications, has proven to be ahead of its time.

In the book, Harkness sounds the call for her clients – and all of us interested in finding meaning in our work – to forget about chronological age and focus on our functional age. For most, that gives us another 20-30 years to work on improving the next portion of our work life.

The book discusses a number of issues seldomly addressed in most Re-careering books – the value of wisdom, the need to be resolute in the soul-searching and assessment process – or Ulyssean, as Harkness counsels – and the importance re-thinking society’s age bias as we re-think capstone careers. The book is full of sage wisdom from Harkness and dozens of adults working in careers that most were unaware of or afraid to consider before midlife.

The book, which in printed form is just over 200 pages, is approximately five hours in length on five CDs, and sells for \$18.95. Harkness plans to market the book directly from her offices in Garland, and hopes that several national resellers who carry her print versions will consider stocking the CD version as well.

Those wanting a copy should visit the Career Design Associates website at www.career-design.com, or may contact Harkness via e-mail at options@career-design.com or by telephone at 972-278-4701.

The book was narrated by one of Dr. Harkness' clients, who felt the book would benefit her busy and transient clients, and provide him with an opportunity to branch off into narration as a portion of his next career. Narrator David Leonnig shares Dr. Harkness' passion for lifelong learning and communication, and is developing a business around innovative business communications.

A Business Based on Research, Commitment – and Wise Discernment

Dr. Helen Harkness has been sharing her wisdom and research on midlife career shifts – or what is popularly called Re-Careering – for nearly 30 years. It all began at the University of North Texas in the mid-1970s when Harkness morphed an education Ph.D. into her own capstone career – the lifelong research and assessment of careers and popular myths and attitudes surrounding our adult motivation, ambitions and dissatisfaction with work and our core values.

She was one of the first researchers to consider what people were beginning to look for in careers that connect to satisfaction, meaning and money. She was also literally the first “career coach,” but unlike coaches who are largely motivational, Harkness uses empirical data and proven methods to support her findings and recommendations.

Today, Harkness employs some of the leading research, assessment and testing tools to help her clients learn about themselves, their skill sets and their real interests. Harkness will tell you that "freedom is knowing your options," and she also counsels clients to develop what she calls “a sharp crap detector” for ideas and people that may not be operating in their best interests.

Harkness works diligently with each of her clients to help them find their next calling, and admits that it can take time and patience. For some, it literally takes years, as Dr. Harkness knows from having worked with more than 10,000 clients since she formed Career Design Associates in 1978.