



# Guidance and Counselling

*Asha K. Kinra*

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## **Guidance and Counselling** Asha K. Kinra

Individuals, especially the youth, face myriad problems related to growing up, social adjustment, education, and career. Proper guidance is essential for appropriate resolution of the various crises that arise and *Guidance and Counselling* is an essential guide for counsellors and it will provide them an overview of the qualitative and quantitative techniques for understanding individuals and their environment, educational, vocational, and personal social guidance, the counselling process, counsellors' skills, and group counselling, the latest trends in the field and more.

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