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The Social Workout Book: Strength-Building Exercises for the Pre-Professional

Alice A. Lieberman

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This **Second Edition** engages introductory social work students in hands-on, collaborative exercises focusing on four key areas in the curriculum: Social Welfare (History, Politics, Policies, and Services); The Social Work Profession; The Practice of Social Work; and A Vision for the Future. Throughout, this workbook challenges students to form their own opinions on many heated debates within key topics and helps them to apply key concepts and theories, creating enthusiasm about the field while helping to develop critical thinking skills.

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