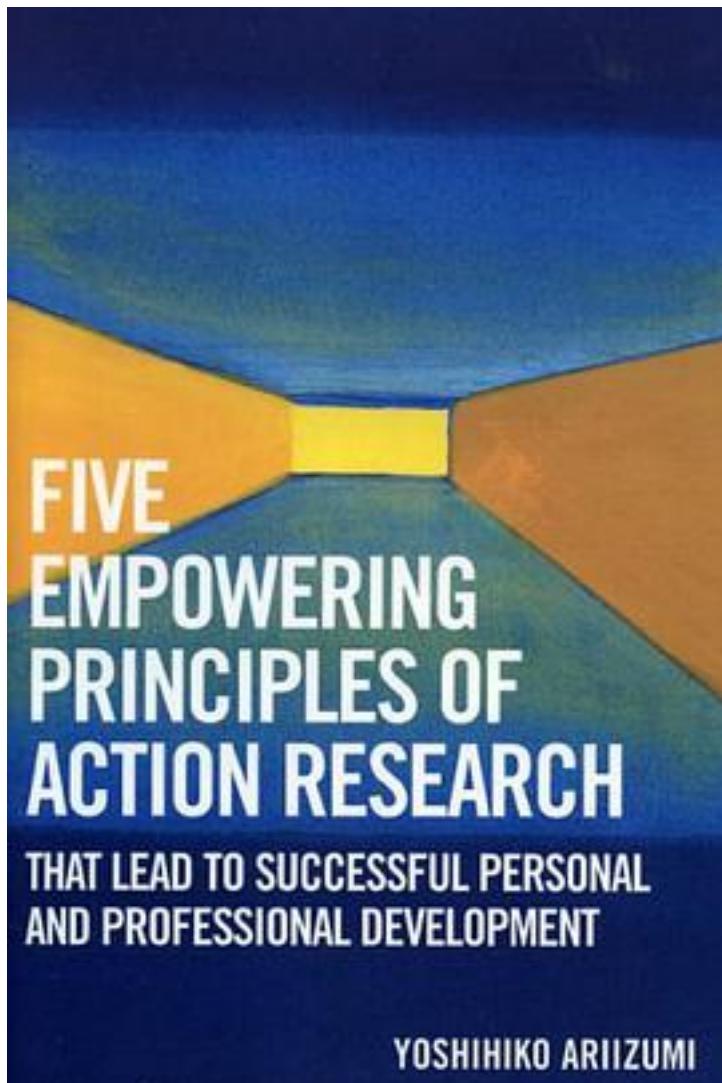


Five Empowering Principles of Action Research That Lead to Successful Personal and Professional Development



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In this book, author Yoshihiko Ariizumi presents a comprehensive functionality of action research. Professor Ariizumi elaborates on the five empowering principles that make action research a tenable instrument for powerful personal growth. After laying the groundwork, Ariizumi illustrates that a principle-based approach can lead to unimaginable performance improvement. This book invites the reader to apply action research to further promote professional and personal development. Through in-depth research and lucid prose, Ariizumi presents a dynamic method for enhancing the overall quality of one's lived experience.

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