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Introduction to Occupation: The Art of Science and Living (2nd Edition)

Charles Christiansen Ed.D. OTR, Elizabeth Townsend Ph.D.

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The second edition of *Introduction to Occupation: The Art and Science of Living*, presents the latest knowledge about occupation so that each of us around the world may understand how to seize and harvest our days for health, well-being, happiness and the development of more just and peaceful societies. *Introduction to Occupation* will appeal to any student, practitioner, researcher or educator with an interest in everyday life. Practical as well as conceptual, this book challenges readers to look *beyond* occupation as just “work” to include *all* the ways in which we *occupy* ourselves—showing how what we do forms our lifestyle, and how occupations are enfolded to create a balanced or unbalanced style of life. Broad in perspective, it explores both informal and formal ways for studying occupation, provides a model and framework for studying occupational development across the lifespan, and considers issues and insights surrounding a variety of "occupational" topics.

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