



# "Stretching" Exercises for Qualitative Researchers

*Valerie J. Janesick*

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**"Stretching" Exercises for Qualitative Researchers** Valerie J. Janesick

In the new **Fourth Edition** of her inventive, one-of-a-kind book, **"Stretching" Exercises for Qualitative Researchers**, author Valerie J. Janesick uses dance, yoga, and meditation metaphors to help researchers tap into the intuitive and creative side of their research. In every chapter, "stretching" exercises help readers develop, practice, and hone fieldwork skills and vital habits of mind such as observation, interviewing, writing, creativity, technology, and analysis. While reading the book and working through the exercises, readers can complete a researcher's reflective journal—an invaluable tool that will remain useful throughout their careers.

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