



# "Stretching" Exercises for Qualitative Researchers

*Valerie J. Janesick*

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

In this updated version of her innovative and distinctive book, author Valerie J. Janesick has extended the metaphor of dance and arts to yoga as an art form to strengthen her argument that tapping into one's artistic side--the side that is more creative and less inhibited--is a fundamental prerequisite for realizing one's potential as a researcher. Janesick provides a series of exercises, which can be used inside and outside the classroom, that are both artistically inspired and immensely practical. Thoroughly classroom tested, these exercises demystify the research process and help the researcher become a more active observer, interviewer, and learner.

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