



# "Stretching" Exercises for Qualitative Researchers

By Valerie J. Janesick

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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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### Editorial Review

#### Review

**"Stretching" Exercises for Qualitative Researchers** is an important text, and a must have for qualitative researchers. For my students—and myself—the opportunities to deepen the creative self provide essential tools for broadening our horizons of understanding and approaches to our participants, our work, and ourselves.

(Dave Shen-Miller)

Research methods is a rigorous and over-rational man sitting in a pond. People are afraid of him and hold him in awe. No one invites him to dance. But Valerie J. Janesick did, because he saw his emotion, his passion, and his possibility to be a dancer.

(Wenfan Yan)

#### About the Author

**Valerie J. Janesick** (PhD, Michigan State University) is Professor of Educational Leadership and Policy Studies, in the department of Leadership, Counseling, Adult, Career and Higher Education, LCACHE, University of South Florida, Tampa. She teaches classes in qualitative research methods, curriculum theory and inquiry, and ethics in leadership. Her latest book, *"Contemplative Qualitative Inquiry: Practicing the Zen of Research* (2015) Left Coast Press, argues for the use of Zen approaches to qualitative inquiry cast as Contemplative Qualitative Inquiry. Her chapters in the *Handbook of Qualitative Research* (first and second editions) use dance and the arts as metaphors for understanding research. Her book, *Oral History for the Qualitative Researcher: Choreographing the Story* (2010), Guilford Press, incorporates, poetry, photography and the arts to capture lived experience. She serves on the editorial board of *The Qualitative Report*, and the *International Journal of Qualitative Methods*. She continues to take classes in yoga and meditation.

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