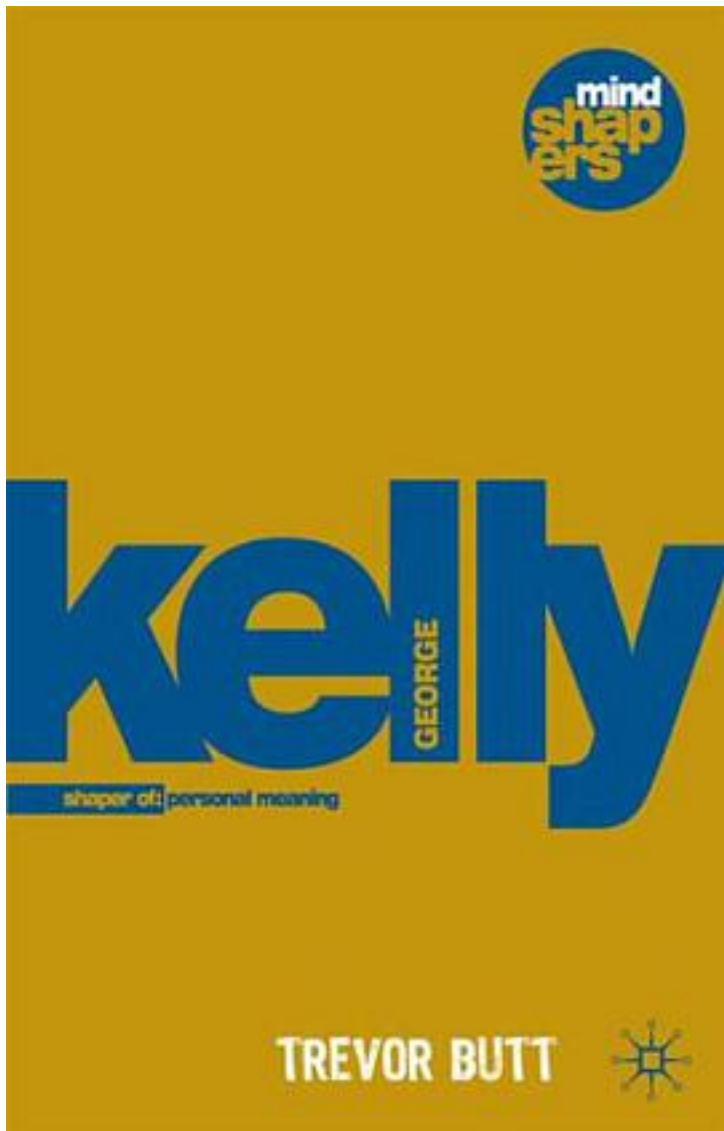


George Kelly and the Psychology of Personal Constructs (Mind Shapers)



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This book Explores Kelly's belief that our thoughts, actions and emotions lies in our idiosyncratic interpretations of things. It provides a highly readable and accessible account of one of the foremost personality theories of the Twentieth century. It also explores the key point of Personal Construct Theory that it is not the abuse or trauma we encounter which disturbs us but the sense we make of it. This book is part of the "Mind Shapers" series which brings each theory to life by setting it in a personal context. Psychological disturbance is not caused by what happens to us but by our interpretations of these events, forming a system of personal constructs. Kelly was one of the foremost personality theorists of the Twentieth century. His pragmatic approach arose in his clinical practice and has been a formative influence in personality theory.

作者介绍:

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