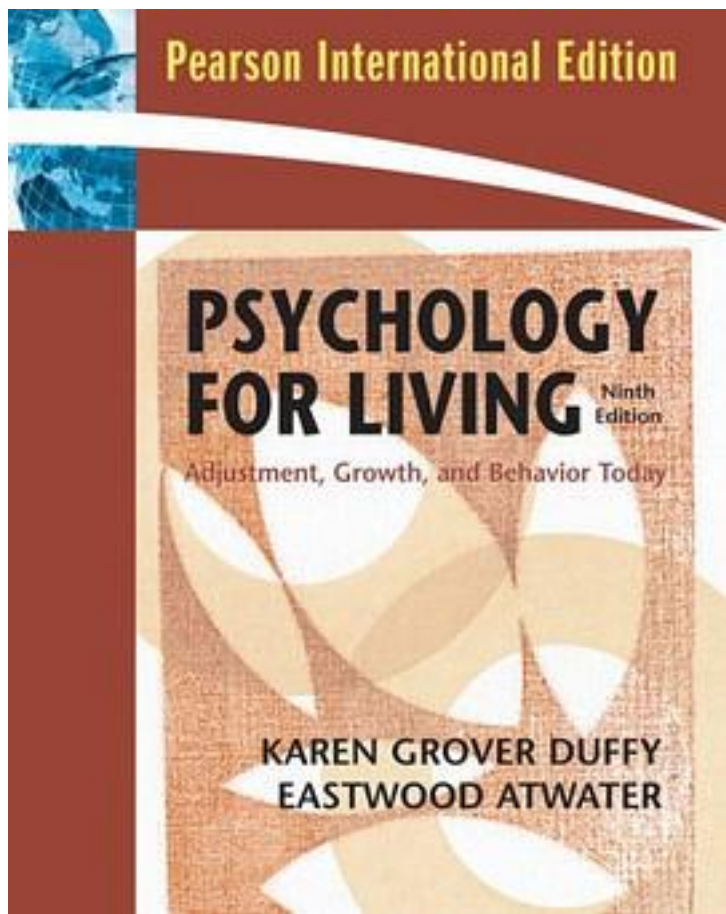


Psychology for Living



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出版者:Pearson Education (US)

出版时间:2008-8

装帧:平装

isbn:9780137004829

For courses on Adjustment, Coping, Personal Growth, Mental Health, and Applied Psychology. This text is designed for students interested in applying psychological insights and principles to their own lives as a way of achieving a better understanding of themselves and living more effectively. The scope of Psychology for Living goes far

beyond the classroom. Rooted in a deep sense of personal enrichment, this text is designed for students interested in applying psychological insights and principles to their own lives as a way of achieving a better understanding of themselves and living more effectively. Drawing material from the major perspectives of psychology, including the psychodynamic, cognitive-behavioral, and humanistic viewpoints, the goal of the text is based firmly on increasing readers' understanding as well as their knowledge about personal adjustment, in order that they may continue learning on their own.

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