

Psychology And Challenges Life

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A long-respected standard in the psychology of adjustment, Psychology and the Challenges of Life, Eleventh Edition has been thoroughly updated and contemporized to provide students the ability to reflect on how psychology relates to the lives we live and the roles that psychology can play in helping us with the challenges we face. Authors Jeffrey Nevid and Spencer Rathus explore the many ...

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Psychological hardiness. A cluster of traits that buffer stress and are characterized by commitment, challenge, and control. Psychological hardy individuals are more resilient to the effects of stress. They are committed to their work and other activities, are open to new challenges, and feel in control of their lives.

Psychology and the Challenges of Life : Chapters 1-3 ...

In our personal lives, and on a global scale, we face challenges that test our emotional mettle — injury, illness, unemployment, grief, divorce, death, or even a new venture with an unknown future....

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Summary Applies psychological principles to aid readers in meeting the challenges they face in their daily lives, to solve problems, and to reach their individual potentials. Communicates the scientific nature of psychology through coverage of research methods, and the review of classic and current studies in the field.

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Throughout, the authors explore applications of psychological concepts and principles in meeting life challenges such as managing our time, developing our self-identity, building and maintaining friendships and intimate relationships, adopting healthier behaviors and lifestyles, coping with stress, and dealing with emotional problems and psychological disorders.

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