



Personality and Personal Growth (7th Edition)

Robert Frager Ph.D., James Fadiman Ph.D.

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Understand personality perspectives through a theoretical lens.

Through a set of different theoretical lenses, *Personality and Personal Growth* gives students the opportunity to understand their own lives and the lives of others. By observing their own reactions, readers' come to their own conclusions regarding the value of each theory.

The seventh edition continues to have a streamlined organization to help students understand its cross-cultural, global, and gender-balanced perspectives in psychology.

Learning Goals

Upon completing this book, readers should be able to:

- Understand new research developments in psychology and its significance today
- Support readers in evaluating theories for personal knowledge
- Relate psychological ideas to readers own life and lives of others

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