



# Psychology for Living: Adjustment, Growth, and Behavior Today (9th Edition)

*Karen Grover Duffy, Eastwood Atwater*

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The author's goal is to increase readers' understanding as well as their knowledge about personal adjustment, in order that they may continue learning on their own. By underscoring several important societal (not just personal) themes, the reader is compelled to focus on other people as much as the self. Content is drawn from the psychodynamic, cognitive-behavioral, and humanistic viewpoints and includes contributions from clinical, personality, social, and developmental psychology, as well as from cognitive, biological, and health psychology. Recent coverage of science and social issues such as: terrorism and its effects, the present and future of technology, cultural diversity, environmental psychology, positive psychology, population changes, the status of America's children, changes in the American family, historic changes in social attitudes and community problems, gender similarities and differences, especially as related to education, career choice, etc., healthy aging, self-image, information on job searches, types of sexual orientation, stress with special attention on terror and trauma, stigma as it relates to mental disorders as well as the prevalence of various disorders, and alternative forms of therapy such as art therapy and acupuncture. For those interested in applying psychological insights and principles to their own lives as a way of achieving a better understanding of themselves and of living more effectively.

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