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Steven J. Kirsh, Karen Grover Duffy, Eastwood Atwater

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Helps readers apply psychological insights to their own lives.

The eleventh edition of *Psychology for Living: Adjustment, Growth, and Behavior Today* is designed for students interested in applying psychological insights and principles to their own lives. The text helps readers achieve a better understanding of themselves and others.

The scope of *Psychology for Living* draws material from the major perspectives of psychology, including the psychodynamic, ecological, cognitive-behavioral, and humanistic viewpoints. The goal of the text is based firmly on increasing readers' understanding as well as their knowledge about adjustment, in order that they may continue learning and growing on their own.

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Learning Goals

Upon completing this book, readers will be able to:

- Apply psychological insights and principles to their own lives.
- Increase their knowledge on adjustment, in order to continue learning and growing on their own.
- Understand themselves and others better.

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