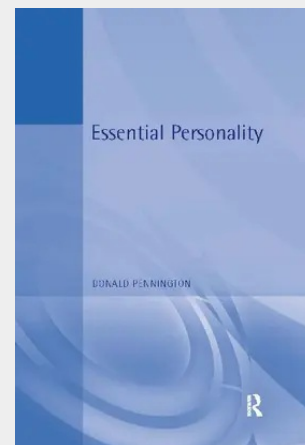


Essential Personality

'Essential Personality' provides a clear, accessible and systematic introduction to the major theoretical approaches for the understanding of human personality. This introductory book assumes no prior knowledge of this core area in psychology and is written for students studying personality for the first time, whether at 'A' level, first year undergraduates on psychology degree programmes or students on other courses (for example, nursing, social work or criminology). Each chapter considers one or more of the major approaches to personality. For each approach, a brief biographical outline of the originating theorist is given. This is followed by clear and straightforward descriptions of the major aspects of each theory together with clear definitions of key concepts, and concludes with an evaluation section that addresses the 'model' of humans underlying the approach, research evidence in support of the theory and questioning the theory. Discussion is also given to personality assessment and therapeutic applications of the theory or approach. The individual chapters provide figures, diagrams and tables to give a clear understanding of theory and research. and at the end of each chapter, a summary and suggestions for further reading is provided. A glossary at the end of the book provides definitions and explanations of key items, concepts etc.

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63,70 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9780340761182

Medium: Buch

ISBN: 978-0-340-76118-2

Verlag: Routledge

Erscheinungstermin: 31.01.2003

Sprache(n): Englisch

Auflage: 1. Auflage 2003

Serie: Essential Psychology

Produktform: Kartoniert

Gewicht: 453 g

Seiten: 224

Format (B x H): 156 x 234 mm

