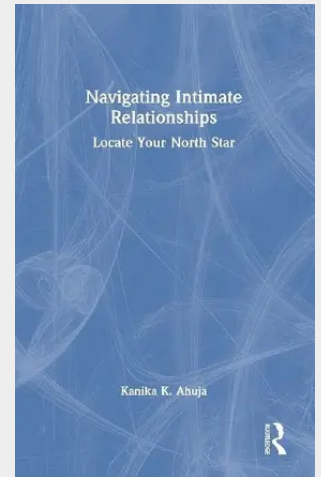


Ahuja

Navigating Intimate Relationships

Locate Your North Star

This book spotlights the complexities of relationships, drawing on theories that have guided relationship scholars, classic studies, and current research – juxtaposed with the current Indian milieu. While some believe that the study of interpersonal relationships lacks academic rigour, this book argues that relationships not only play a critical role in human behaviour and development but also are central to our well-being, happiness, and health. One of the first mainstream books in India to address relationships beyond the binary of man/woman, this volume presents an inclusive view of gender and sexuality, including non-heterosexual relationships. It also touches on multiple types of relationships in the 21st century, such as mixed families, singles, live-in, living apart together (LAT), role of dating apps, and so on. This book would be useful to students, researchers, and teachers of Psychology, Applied Psychology, Mental Health, Sociology, Family Studies, and other allied disciplines. It will be a useful guide for students to build and maintain relationships and practice positive relational attitudes, like self-acceptance, gratitude, and forgiveness. It will also be an equally indispensable resource for counsellors, researchers, practitioners in mental health, family caregivers, relationship counsellors, and professionals in related fields.



208,30 €

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Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781032891156

Medium: Buch

ISBN: 978-1-032-89115-6

Verlag: Routledge India

Erscheinungstermin: 29.04.2025

Sprache(n): Englisch

Auflage: 1. Auflage 2025

Produktform: Gebunden

Gewicht: 678 g

Seiten: 340

Format (B x H): 161 x 240 mm

