



Choice and Change: The Psychology of Personal Growth and Interpersonal Relationships (7th Edition)

By April O'Connell Professor Emerita, Vincent O'Connell Retired, Lois-Ann Kuntz

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Written in a warm and humanistic style—with an abundance of examples—this solid, comprehensive introduction to the essentials of psychology offers an accessible balance of theory, research, and applications which focuses on the positive. It encourages readers to apply material to their personal, social, educational, and vocational lives. Holistic in approach, it emphasizes responsible self-direction and moral/ethical values. This seventh edition draws heavily on the exciting and provocative research of the positive psychologists over the last two decades. Differentiating true happiness and a sense of well-being from that of hedonistic pleasure; The growing surge of cults and hate groups, even on the web; New discoveries of the sensitivity of the child in the womb, the importance of strong infant attachment, and how to communicate with the infant through the many physical senses; the *Flynn effect*, *IQ testing*, and the *New Three R's*; Marriage and relationships. For psychologists, educators, and anyone interested in personal growth.

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Editorial Review

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To Our Readers: Welcome to the 7th edition of *Choice and Change*. You are an extraordinary generation of college students and we are honored to be the authors of your psychology textbook. Your generation is the most multiculturally diverse college population ever. You are also the most psychologically self-aware and the most intelligent generation of students that has ever existed. You are forging new paths toward your personal, educational, and vocational life-careers. Whether male or female, whatever your age or ethnic background, whatever walk of life you come from, and whatever path you take toward your future life, we are looking to you to be tomorrow's leaders. This is one of the continuing themes of *Choice and Change*.

Another theme of this book is that human existence is not simple. It requires all the courage, stamina, and integrity that we can muster to face the day-to-day challenges that come our way. You may find yourselves in difficult situations that are not of your choosing. To live authentically, you may have to "stand up and be counted" for unpopular causes and for what you believe to be truly right and just. You may even have to be a "minority of one" to live with your conscience. In which case, you will have joined those scholars and scientists, saints and sages who, down through the centuries and across cultures, helped this world to be a better place in which to live.

A third theme of this text is embedded in the title of this text, *Choice and Change*; to help you to discover that there are always many possible *choices* open to you. Perceiving those choices is the first major step to *changing* your life for the better. A good example, although a tragic one, is what a young lad cried after he shot the classmates who had been bullying him. After giving himself up to the authorities, he crumpled on the ground, and kept repeating, "I had no choice. I had no choice:" The high school shooters at Columbine left tapes that indicate the only thing they could think to do was to shoot the students that bullied them, and then kill themselves. Then there are those people who continue to lead lives of "quiet desperation" because they do not know what else they can do. We hope that by the time you have finished this book, you will be better able to perceive the many *choices* always available to you, and to be able to make the *changes* necessary for a happier, healthier, and more creative life-career.

Users Review

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