



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

Download now

Read Online ➔

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

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.

 [Download Choice and Change: The Psychology of Personal Grow ...pdf](#)

 [Read Online Choice and Change: The Psychology of Personal Gr ...pdf](#)

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

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

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.

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
Bibliography

- Sales Rank: #970904 in Books
- Published on: 2004-07-26
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.10" h x 1.00" w x 7.50" l, 1.34 pounds
- Binding: Paperback
- 408 pages

 [Download Choice and Change: The Psychology of Personal Grow ...pdf](#)

 [Read Online Choice and Change: The Psychology of Personal Gr ...pdf](#)

Editorial Review

Excerpt. © Reprinted by permission. All rights reserved.

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

From reader reviews:

Willard Callahan:

Have you spare time for the day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a wander, shopping, or went to often the Mall. How about open or maybe read a book allowed Choice and Change: The Psychology of Personal Growth and Interpersonal Relationships (7th Edition)? Maybe it is being best activity for you. You realize beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with it is opinion or you have some other opinion?

Ellen Garcia:

You could spend your free time to read this book this e-book. This Choice and Change: The Psychology of Personal Growth and Interpersonal Relationships (7th Edition) is simple bringing you can read it in the playground, in the beach, train in addition to soon. If you did not have got much space to bring the actual printed book, you can buy often the e-book. It is make you simpler to read it. You can save often the book in your smart phone. So there are a lot of benefits that you will get when one buys this book.

Marvin Boyer:

As a pupil exactly feel bored for you to reading. If their teacher requested them to go to the library as well as to make summary for some e-book, they are complained. Just small students that has reading's heart and soul or real their passion. They just do what the professor want, like asked to go to the library. They go to there but nothing reading seriously. Any students feel that studying is not important, boring and can't see colorful images on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. So , this Choice and Change: The Psychology of Personal Growth and Interpersonal Relationships (7th Edition) can make you experience more interested to read.

Sarah Acres:

Some individuals said that they feel bored when they reading a e-book. They are directly felt the item when they get a half areas of the book. You can choose the particular book Choice and Change: The Psychology of Personal Growth and Interpersonal Relationships (7th Edition) to make your own reading is interesting. Your current skill of reading expertise is developing when you including reading. Try to choose basic book to make you enjoy to study it and mingle the sensation about book and examining especially. It is to be initial opinion for you to like to wide open a book and learn it. Beside that the reserve Choice and Change: The Psychology of Personal Growth and Interpersonal Relationships (7th Edition) can to be your new friend when you're feel alone and confuse with what must you're doing of these time.

Download and Read Online 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 #I9ECUSDY2L1

Read 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 for online ebook

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 Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read 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 books to read online.

Online 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 ebook PDF download

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 Doc

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 Mobipocket

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 EPub

I9ECUSDY2L1: 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