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vols 2 and 5 include appendices

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illustrates how psychology provides the basis for meeting the challenges of contemporary life this eighth edition emphasises on diversity that promotes a view of personal adjustment it also provides reasons why psychologists study throughout and why psychologists study human diversity and relates those reasons to issues of personal adjustment

in the 14th edition of this market leading title psychology and the challenges of life adjustment and growth authors spencer rathus and jeffrey nevid continue to reflect on the many ways in which psychology relates to the lives we live and the important roles that psychology can play in helping us adjust to the many challenges we face in our daily lives throughout the text the authors explore applications of psychological concepts and principles in meeting life challenges such as managing time developing self identity building and maintaining relationships adopting healthier lifestyles coping with stress and dealing with emotional problems and psychological disorders the new edition has been thoroughly updated to meet the needs and concerns of a new generation of students it provides additional information on psychology in the digital age social media the current opioid crisis as well as offering greater coverage of matters concerning sexuality and gender and sexual orientation

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