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Psychology and the Challenges of Life: Adjustment and Growth

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strong determinants of success.

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Authors Jeffrey Nevid and Spencer Rathus eA long-respected standard in the psychology of adjustment, Psychology and the Challenges of Life, Eleventh Edition has been thoroughly updated and contemporized to provide students the ability to reflect on how psychology relates to the lives we live and the roles that psychology can play in helping us with the challenges we face.

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_____ is the behavior that permits us to meet the challenges of life. ... What is the difference between adjustment and personal growth? Adjustment is reactive; Personal growth is proactive. Is biology destiny? ... Introduction to Psychology (Mastering the World of Psychology) 66 Terms.

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