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Titolo	Optimal human being [[electronic resource]] : an integrated multi-level perspective // Kennon M. Sheldon
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Soggetti	Self-actualization (Psychology) Personality Electronic books.
Lingua di pubblicazione	Inglese
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 203-219) and indexes.
Nota di contenuto	Contents; Preface; I. Introduction; II. Four Levels of Analysis Within Personality Theory; III. Two Higher Levels of Analysis Relevant to Personality Theory; IV. Toward Integration; References; Author Index; Subject Index
Sommario/riassunto	Ken Sheldon's comprehensive new book addresses two questions: how can individuals best integrate the different facets of themselves to achieve "optimal human being", and how can researchers best integrate the different levels of analysis within the human sciences to understand "optimal human being" in general? In the process, the book supplies two new frameworks-one for viewing the human sciences as a group, and the other for viewing personality theory within that group. Optimal Human Being features a multi-level model that moves from biologically based levels of analysis to