

1. Record Nr.	UNINA9910784790803321
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Titolo	Social and personal identity [[electronic resource]] : understanding yourself / / Derek Layder
Pubbl/distr/stampa	London, : SAGE, 2004
ISBN	1-84860-603-6 0-7619-4489-3 1-280-53869-4 9786610538690
Descrizione fisica	1 online resource (167 p.) : ill
Disciplina	155.2
Soggetti	Self-perception Identity (Psychology) Group identity
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [161]-162) and index.
Nota di contenuto	Cover; Contents; Introduction; Chapter 1 - Understanding Yourself; Chapter 2 - Emotional Needs and Desires; Chapter 3 - Your Controlling Heart; Chapter 4 - Desire, Influence and Control; Chapter 5 - Inner Power and the Higher Self; Chapter 6 - Relationships and Their Dilemmas; Chapter 7 - Personal Worlds and Private Feelings; Chapter 8 - The Self as Emergent Narrative; Afterword; References; Index
Sommario/riassunto	How can you understand yourself? Where do your views, attitudes & values come from & why do they change? This accessible & illuminating book provides a reliable guide to these questions.