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Descrizione fisica	1 online resource (xii, 229 pages)
Collana	The Basics
Disciplina	155.2
Soggetti	Personality
Lingua di pubblicazione	Inglese
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction -- 1. An introduction to personality psychology -- Classic schools of thought I -- 2. Psychodynamic perspectives on personality -- Classic schools of thought II -- 3. Behaviourist perspectives on personality -- 4. Humanistic and existential perspectives on personality -- Current and emerging schools of thought -- 5. Trait perspectives on personality -- 6. Cognitive perspectives on personality -- 7. Biological perspectives on personality -- Conclusion -- 8. Concluding thoughts on personality psychology.
Sommario/riassunto	Personality Psychology: The Basics provides a jargon-free and accessible overview of the discipline, focusing on why not all individuals think, feel, speak, or act the same way in the same situation. The book offers a brief history of the area, covering a range of perspectives on personality including psychodynamic, behaviourist, humanistic, and cognitive approaches. Also featuring fascinating case studies to richly illustrate the theories discussed, the text looks at influential theories and related research within each of the major schools of thought in personality psychology. Rigorously examining the fundamental principles of personality psychology, the author concludes by outlining the future of the area in relation to cutting edge research and potential future trends. Exploring the major personality theories that seek to explain why people behave as they do in eight reader-friendly chapters, this is an essential introduction for students who are

approaching personality psychology for the first time.
