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# Psychology Applied To Modern Life: Adjustment In The 21st Century



## Synopsis

Filled with comprehensive, balanced coverage of classic and contemporary research, relevant examples, and engaging applications, this book shows you how psychology helps you understand yourself and the world-and uses psychological principles to illuminate the variety of opportunities you have in your life and your future career. While professors cite this bestselling book for its academic credibility and the authors' ability to stay current with 'hot topics,' students say it's one text they just don't want to stop reading. The book and associated workbook are highly readable, engaging, and visually appealing, providing you with a wealth of material you can put to use every day.

## Book Information

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## Customer Reviews

Very good book. It reviews a variety of disorders and illnesses all within the framework of adjustment rather than adaptation which I appreciate.

This horrid book is so hard to read via a computer screen and then the pages are divide up into two columns so once you read one column to have go back to the top of the page and read the other half. I would return the book but I need the thing for a class I am taking. Don't buy the book if you can avoid doing so.

Items received in a timely matter.

Great book. I love psychology

This text is excellent to learn from especially since it's updated to modern times. When they discussed Chris Brown & Rihanna during interpersonal abusive relationships, I was totally shocked and appreciated the "modern" example.

an OK, book reminds me of general psychology book a bit, over modern life psych. (so wasn't too useful for me). Was a requirement by one of my professors in college.

Came in time, was in the same shape as description that was given. very satisfied with this product.

I love it

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