



Personality and Personal Growth (7th Edition)

By Robert Frager Ph.D., James Fadiman Ph.D.

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Understand personality perspectives through a theoretical lens.

Through a set of different theoretical lenses, *Personality and Personal Growth* gives students the opportunity to understand their own lives and the lives of others. By observing their own reactions, readers' come to their own conclusions regarding the value of each theory.

The seventh edition continues to have a streamlined organization to help students understand its cross-cultural, global, and gender-balanced perspectives in psychology.

Learning Goals

Upon completing this book, readers should be able to:

- Understand new research developments in psychology and its significance today
- Support readers in evaluating theories for personal knowledge
- Relate psychological ideas to readers own life and lives of others

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Editorial Review

Review

“Presents the brief history and importance of personality study in such a way that makes it relevant to all students, regardless of their background and even to their interest in psychology specifically”

- *Colleen Varga*, The George Washington University

“A Well written, warm, and engaging. This chapter takes what could be hard-to-grasp concepts and presents them in an easy-to-understand manner.”

-*Carol Anderson*, Bellevue College

“I really like this book. I think it's biggest strength for me is the approach to personal growth. The book is written in a straightforward, easy to read way. In fact, sometimes it feels like one is reading a novel! The integration of topic content and real life application is wonderful. I think it can be difficult - especially with theories dating back a hundred years - to apply content to daily lives. The layout of the book is pleasing and contributes to the ease of reading it. It's also easy to find topics. Headers are clear and to the point. The Highlights and Key concepts at the end are very useful. The flow of the book is strong. I'm not sure if it's the writing or the organization of content but this is one of the easiest textbooks I have read.”

- *Suzan Tessier*, Rochester Institute of Technology

“Love it, or I wouldn't have used it. It's the only textbook out there that includes Transpersonal, Sufi, and Buddhist topics, for example. I like the fact that non-traditional perspectives are included, and that there are exercises in each chapter relating to the topics. ”

- *Christan Amundsen*, North Lake College

About the Author

James Fadiman received his Ph.D. in psychology from Stanford University and has taught at San Francisco State University, Brandeis, Stanford and Sofia University. He has his own consulting firm and offers seminars to executives and educators worldwide. He has written or edited books on holistic health, goal setting, and abnormal psychology, is an editor for two journals, and sits on the board of several non-profit corporations. James was a college counselor for several years and continues to teach Ph.D. students

Robert Frager received his Ph.D. in social psychology from Harvard University, where he was a teaching assistant to Erik Erikson and research assistant to Stanley Milgram. He has taught psychology at Harvard, UC Berkeley and UC Santa Cruz and is the founder and first president of Sofia University, formerly the Institute for Transpersonal Psychology. He is currently Professor of Psychology and director of the Master's program in Spiritual Guidance at Sofia University in Palo Alto, California.

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