



Psychology Applied to Modern Life: Adjustment in the 21st Century

Wayne Weiten, Dana S. Dunn, Elizabeth Yost Hammer

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Filled with comprehensive, balanced coverage of classic and contemporary research, relevant examples, and engaging applications, this text shows you how psychology helps you understand yourself and the complex social world around you. It also 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 text and associated workbook are highly readable, engaging, and visually appealing, providing you with a wealth of material you can put to use every day. Also available: the MindTap online learning experience, featuring an eBook, activities that engage you in thinking about common misconceptions about psychology, animations that introduce key concepts, cool apps (including a text-to-speech reader), and more

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From Reader Review Psychology Applied to Modern Life: Adjustment in the 21st Century for online ebook

Andi says

A middle of the lane textbook on personality adjustment.

M. Nasiri says

It was an excellent psychology textbook with nice applied personality points for adjusting modern life. Here you can find psychology theories by nice examples.

Nasiri

Lily says

disliked this one. must've been culture-centric. 7th edition--white cover

Su Yu says

biased.

Joe Cole says

While I am new to the field of Psychology, this book touches on most research topics that I am learning in my other ASU courses. I really like the way the book is organized. My book was used and the previous owner highlighted exactly what was needed from my professors power points. Even so, it is a great book to refer back to when writing research papers for upper level undergrads and perhaps I can use it for graduate work too.

Vanessa says

This was one of my favorite textbooks to date. The format was simple and it helped me to understand concepts and theorists that I had previously learned about in other classes by breaking it down in more elementary way. The contents were just as extensive as any other class but the way they were presented was spot on for me. I used this text as a go to for several of my other classes when trying to apply theory to case studies. I read the entire thing, cover to cover, which is not a commonly easy thing to accomplish with textbooks, but with this one I really enjoyed the task.

Linn Browning says

Excellent text; my psychology professor used this text in a class called "Psychology of Personal Growth" and it was well-suited to the class. I had some personal issues with the one-sidedness of the chapter on careers, but it also afforded a nice opportunity to discuss in class what I disagreed with.

Agent says

alright book, i got the 80s edition so it was a bit dated, i think i may have found some self-help worthy material to try and fix my personal life so I'm happy with it
