This book is intended for readers interested in applying psychological insights and principles to their own lives as a way of achieving a better understanding of themselves and of living more effectively. To this end, we have included material from the major perspectives of psychology, including the psychodynamic, cognitive, behavioral, and humanistic viewpoints. Since a well-rounded text cuts across several branches of psychology, we have included contributions from clinical, personality, social, and developmental psychology, as well as from the important fields of cognitive, biological, and health psychology. Our aim is to increase readers’ understanding as well as their knowledge about personal adjustment, in order that they may continue learning on their own.

Major Features of this eleventh edition are explained in the following sections.

NEW TO THIS EDITION

We have made some changes to the content of the book to reflect changes in the field of psychology in addition to world events. First, there are nearly 320 new references as well as new glossary terms. Second, you will also find new or additional information on the following topics:

- Technology and how it is benefiting yet at the same time perplexing our lives.
- Applications from the field of positive psychology.
- The ecological perspective on human development.
- The impact of parental monitoring and different parenting styles on youth.
- The impact and proliferation of handheld devices such as PDAs and cell phones.
- The malleability versus fixedness of personality.
- The definition and application of defensive pessimism.
- Bullying and cyber-bullying.
- Children’s understanding of death.
- Why we make up excuses for or misdeeds.
- Obesity, the obesity stigma, and body image.
- The insanity defense.
- Academic dishonesty.
- What to do when someone tells you they are suicidal.
- Panic disorder and dysthymia.
- The relationship between music and suicide.
- Infertility, infertility treatments, and adoption.
- Updated U.S. census figures (and world population growth) throughout the book.
- Recent research on body image and the influence of the media.
- New research on post-decision regret, including hindsight bias.
- Frenemies.
- What makes a face attractive?
- Women in management positions and their experience with the glass cliff.
- Updated research on the impact of electronic communication at work.
- The issues surrounding having a therapist of a similar or different race.
- The resurgence of interest in the trait approach to leadership.
- Inclusion of new information on posttraumatic stress syndrome.
- The prominence of resilience in everyday life and in coping with stressors.
- The influence of the media in promoting eating disorders.
- Data on the prevalence of personality disorders.
- The concept that well-being is different from the mere absence of disorder and stress.
- The movement away from theories of stages of bereavement and toward interest in growth theories of bereavement.
Preface

- The continuing threat of terrorism and how it has changed the way we live and cope.
- Expanded information on the concepts of individual and collective societies.
- Changes in the American family and how they affect individual members.
- The effects of the baby boomers on society as they enter late adulthood.
- Thoughtful analysis of the role ethnicity and race play in health care, psychotherapy, and other areas.
- More coverage on cultural effects of nonverbal communication.
- Additional information on child pornography and sexual assault.

ORGANIZATION

The chapters of this book stand alone; that is, you can read them out of order and still understand all of the material even though you have not read a preceding chapter. The introductory chapter on self-direction and social change remains at the beginning, of course. The second large unit is about development or the state of “becoming.” The chapters on adulthood can be found here. The third large unit pertains to the individual in the present or in a state of “being.” Here you will find the chapters on self-concept, health, personal control, and decision making, as well as on emotion and motivation.

The next large unit is about the social side of adjustment and growth. Here are located the chapters on friends, groups (leaders and followers), and work and leisure. This unit is followed by an apt unit about closer intimate relationships. This short unit contains two chapters, one each on sexuality and on committed or intimate relationships. Finally, any book about personal growth and adjustment would be incomplete without including material on the challenges each of us faces. The last unit contains chapters on stress, mental disorders, therapy, and death and dying. Please let us know how you feel about this organization, and remember that the chapters are self-contained so they can easily be read in any order you wish. We can be reached at kirsh@geneseo.edu and duffy@geneseo.edu.

LEARNING AIDS

Several features have been included to assist the student in making the best use of this book:

- A How to Study section at the beginning of the book provides suggestions for studying and test taking.
- Chapter outlines at the beginning of each chapter give students an overview of what will be covered.
- Learning objectives identify what students are expected to attain in regard to knowledge, understanding, and application.
- Terms that may be new to students are boldfaced and are followed by an italicized definition that is repeated in the glossary.
- Special-interest boxes, figures, and tables contain interesting and important material supplemental to the text.
- A glossary at the end of the book defines key, boldfaced terms in the text.
- End-of-chapter summaries, arranged by learning objectives, help the reader to grasp the main points of the chapter.
- Self-tests, consisting of 10 multiple-choice questions, help students to assess their understanding of the material covered.

APPLICATIONS

- One or two self-scoring inventories in each chapter enable students to apply the concepts and principles covered in the text. These inventories are designed by us, so please note that
they have no scientifically derived validity or reliability. They are merely meant to be tools for self-exploration and self-understanding and should be interpreted as such. 
• End-of-chapter exercises heighten the student’s involvement in the material.
• Questions for self-reflection encourage students to relate the material in the text to themselves.

SUPPLEMENTS

Instructor’s Manual (0-205-90947-7)

The instructor’s manual is a wonderful tool for classroom preparation and management. Each chapter in the teaching aids section includes a chapter overview, lecture suggestions, discussion questions, class activities, and media resources.

Test Bank (0-205-90948-5)

A set of tests, containing representative multiple-choice, true-false, short-answer, and essay questions, each with a page reference, difficulty rating, and type designation, are available for each chapter. The tests are also available in the MyTest (0-205-95088-4) computerized version for ease in creating tests for the classroom.

PowerPoint Presentation (0-205-90906-X)

Completely revised, the PowerPoint presentation is an exciting interactive tool for use in the classroom. Each chapter pairs key concepts with images from the textbook to reinforce student learning.

MySearchLab with Pearson eText (0-205-90958-2)

For over 10 years, instructors and students have reported achieving better results and better grades when a Pearson MyLab has been integrated into the course. MySearchLab provides engaging experiences that personalize learning, and comes from a trusted partner with educational expertise and a deep commitment to helping students and instructors achieve their goals. Features of MySearchLab include:

  eText
  Just like the printed text, you can highlight and add notes to the eText online or download it to your iPad.

  Writing & Research
  Access to various academic journals, census data, Associated Press news feeds, and discipline-specific readings. Also, a wide range of composition and grammar tools aid students throughout the writing process, helping them to produce more effective papers.

ACKNOWLEDGMENTS

Many thanks to Dr. Eastwood Atwater for providing us with the opportunity to take over this well-established book. While he is no longer with us, we hope that he would approve of our continued efforts at producing the same high-quality book he wrote. Many thanks to the professors who adopted past editions and provided feedback to us. We really do appreciate your comments and take them to heart. Special thanks goes to Amber Chow and Diane Szulecki at Pearson Education for all of their patience and excellent guidance. To our friends and family, a big thank you for nudging us along when we got discouraged about getting this and other books completed, especially given the vicissitudes of daily life and the distracting tug at our heart strings of the sun, moon, stars, spouses, children, and many critters who needed petting.
Many thanks to the following reviewers for their insightful comments and helpful suggestions:

Norma Caltagirone  
*Hillsborough Community College*

Christopher Dyszelski  
*Madison Area Technical College*

Rebecca Francis  
*West Virginia State University*

Paul Herrle  
*The College of Southern Nevada*

Rod Hoevent  
*Maryville University*

Gloria Howell  
*Blue Ridge Community College*

Andrew Ornberg  
*Central Oregon Community College*

Courtney Ryan  
*Ball State University*

Victoria Schultz  
*Wharton County Junior College*