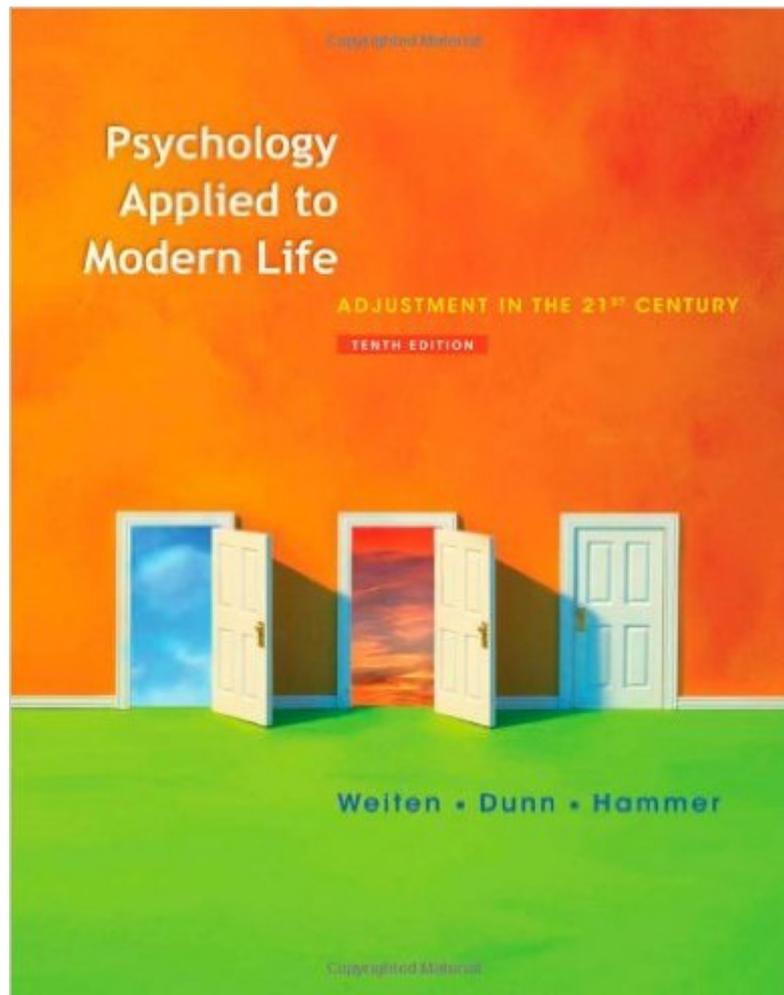


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# Psychology Applied To Modern Life: Adjustment In The 21st Century (PSY 103 Towards Self-Understanding)



## 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

this was a text book for psychology at Baker College in Port Huron in Chonda Stimer's class. I found it to be the correct book. Beyond that, it has a lot of useful contemporary (post 9/11) information that is quite useful. Be sure to get the workbook as well. As a textbook, it is actually a very interesting book and no sleeper, as so many text's tend to be.

This is a very well written book, considering it is college text. There is an abundance of useful information, but it's not just knowledge for graduate school. It also teaches everyday applications. If you are a psychology junky like me and also read these kind of books for fun, I highly suggest it.

Easy to understand and straightforward. The book isn't fantastically interesting but it's easy enough and not too much of a pain to get through. It's not a bad read if you have to get it. I will say the little personal reflections/personality tests are interesting and a bit fun to do.

There isn't much else to review about this book, other than that it's a required book for my Psychology of Human Relations class. I bought the book used, and other than one bent page, it came in great condition.

This book was required for a class. The instructor is having us read every chapter. It is laid out in an easy to follow format. The text is informative and easy to understand. There are a lot of real life references and up to date information. I find it somewhat enjoyable to read, but then again, I love psychology.

I am six chapters into the book and let me tell you that it has been an eye opener. The book is packed with concepts as well as with applied research that lets the reader understand all these concepts. It seems to me that it isn't your normal money stealing textbook; the author really put thought and heart into the content. I also have to say that the additional web links, and books that are recommended within this book are very helpful. You will never have to buy useless self help books ever again!

This is the only college textbook I have read from front to back. It is very well written, and has taught me a great deal. Although this book is most likely required for your class, I'd recommend actually reading it!!!

I ordered this as a supplement to the 10th edition textbook, not knowing that some of the surveys were included at the end of the textbook. It appears this is a supplement to another edition as the chapter's surveys are in a different order.

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