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602 - KIDD BAKER

Your every significant choice -- every important decision you make -- is determined by a force operating deep inside your mind: your perspective on time -- your internal, personal time zone. This is the most influential force in your life, yet you are virtually unaware of it. Once you become aware of your personal time zone, you can begin to see and manage your life in exciting new ways. In *The Time Paradox*, Drs. Zimbardo and Boyd draw on thirty years of pioneering research to reveal, for the first time, how your individual time perspective shapes your life and is shaped by the world around you. Further, they demonstrate that your and every other individual's time zones interact to create national cultures, economics, and personal destinies. You will discover what time zone you live in through Drs. Zimbardo and Boyd's revolutionary tests. Ask yourself:

- Does the smell of fresh-baked cookies bring you back to your childhood?
- Do you believe that nothing will ever change in your world?
- Do you believe that the present encompasses all and the future and past are mere abstractions?
- Do you wear a watch, balance your checkbook, and make to-do lists - every day?
- Do you believe that life on earth is merely preparation for life after death?
- Do you ruminate over failed relationships?
- Are you the life of every party -- always late, always laughing, and always broke?

These statements are representative of the seven most common ways people relate to time, each of which, in its extreme, creates benefits and pitfalls. *The Time Paradox* is a practical plan for optimizing your blend of time perspectives so you get the utmost out of every minute in your personal and professional life as well as a fascinating commentary about the power and paradoxes of time in the modern world. No matter your time perspective, you experience these paradoxes. Only by understanding this new psychological science of time zones will

you be able to overcome the mental biases that keep you too attached to the past, too focused on immediate gratification, or unhealthily obsessed with future goals. Time passes no matter what you do -- it's up to you to spend it wisely and enjoy it well. Here's how.

"Makes science accessible at all levels by showing how psychology is relevant to students' everyday lives. Author Sarah Grison--an expert in the teaching of introductory psychology--has created a print and digital package with an equal commitment to the success of every instructor and student. A strong, author-driven support package--rich with original media, a test bank, Active Learning slides, and InQuizitive adaptive learning modules--provides instructors with everything they need to help today's students understand and apply introductory psychology"--

Revised & updated edition. Get more out of life--better relationships, more happiness and greater success, and less worry--with over 100 simple tools and tips, and transform your life one habit at a time. Do you want to live a more positive and vibrant life, but have no idea where to begin? Tried every self-help trend available and still feel the same? Award-winning executive coach and psychotherapist Derek Draper works with hundreds of clients every year--from lost twentysomethings to global business leaders--helping them to think about life's challenges in new, more positive ways. In this ground-breaking book, he explores 50 vital areas of modern living that impact on almost everyone's life, and applies classic and cutting-edge psychological and behavioral thinking to inspire readers to change the way they think, feel, and behave. Derek offers over 100 practical tips and tools alongside fascinating real-life examples and heart-warming insights, so you can become a better partner, parent, colleague, and friend. Above all, you'll become a better version of yourself--because the more we understand the psychology behind why we do what we do, the

more we can change ourselves for the better and enjoy the fuller, happier lives we deserve.

Harness the power of your wardrobe to achieve your dreams with this timely take on personal style from a world-renowned fashion psychologist. You may get dressed every day without really thinking about what you're putting on, but did you know that what you wear has a powerful effect on how you feel? Or that your clothes influence the way others perceive you? By making a few adjustments to your wardrobe, and learning to style from the inside out, you'll not only elevate your look, but level up your entire life. Dawnn Karen is a pioneer in the field of fashion psychology, and she has spent years studying the relationship between attire and attitude. In *Dress Your Best Life* she goes far beyond well-known makeover advice, pushing you to ask yourself: Are my clothing choices hurting me or helping me to achieve my life goals? Her book will help you discover your unique style story, become a smarter shopper, use color to your advantage, match moods to clothing choices, and embrace new or different standards of beauty. This knowledge is a power that you'll exercise every time you open your closet door or walk into an important meeting in just the right outfit. Packed with practical tips and cutting-edge advice, *Dress Your Best Life* will teach you to harness the power of fashion for the life you want to live.

Is psychology good for our health? What is the effect of class on social behaviour? In this comprehensive and fully up-to-date account of the psychology of everyday life, Michael Argyle looks at the most interesting and practically important areas of social psychology. He takes social psychology out of the laboratory into real-life settings and helps us to understand the world in which we live. He covers many of the pressing concerns of the day - conflict and aggression, racial prejudice, social class, relationships, health, happiness - and emphasises the practical applications of

social psychology.

Achieve personal fulfilment in your career, relationship, and performance with *Success: The Psychology of Achievement*. *Success: The Psychology of Achievement* will unlock your potential and help you raise your game by equipping you with the tools you need to achieve success in every aspect of life. Give your confidence a boost, master your resources, and raise your self-awareness with proven strategies and theory. Understand the meanings of success and fulfilment, and develop your confidence with advice on practical skills including work-life balance, self-analysis, stress control, coping with peer pressure, positive habits, and mindfulness. Expertly mixing scientific research with constructive advice, *Success: The Psychology of Achievement* asks you what you want from life and learn how to get it.

This book summarizes much of the research in subjective well-being and integrates this research into a parsimonious theory. The theory posits that much of the research on subjective well-being can be construed in terms of the personal strategies that people use to 'optimize' their happiness and life satisfaction. These strategies include bottom-up spillover, top-down spillover, horizontal spillover, balance, re-evaluation, goal selection, and goal implementation.

Breaking Negative Thinking Patterns is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to understand and overcome negative patterns of thinking and behaviour. Represents the first resource for general readers on the mode approach to schema therapy. Features a wealth of case studies that serve to clarify schemas and modes and illustrate techniques for overcoming dysfunctional modes and behavior patterns. Offers a series of exercises that readers can immediately apply to real-world challenges and emotional problems as well as the complex difficulties typically tackled with schema therapy. Includes original illustrations that demonstrate the modes and approaches in action, along with 20 self-help mode materials which are also available online. Written by authors closely associated with the development of schema therapy and the schema mode approach.

EVERY ASPECT OF YOUR LIFE CAN BE IMPROVED WITH POSITIVE PSYCHOLOGY. It helps build resilience, optimism, emotional intelligence, self-esteem, wisdom, motivation and much more! It wakes us up to the power of feeling good, thinking positively and acting

generously.

Neuroscience and Psychology of Meditation in Everyday Life addresses essential and timely questions about the research and practice of meditation as a path to realization of human potential for health and well-being. Balancing practical content and scientific theory, the book discusses long-term effects of six meditation practices: mindfulness, compassion, visualization-based meditation techniques, dream yoga, insight-based meditation and abiding in the existential ground of experience. Each chapter provides advice on how to embed these techniques into everyday activities, together with considerations about underlying changes in the mind and brain based on latest research evidence. This book is essential reading for professionals applying meditation-based techniques in their work and researchers in the emerging field of contemplative science. The book will also be of value to practitioners of meditation seeking to further their practice and understand associated changes in the mind and brain.

The third, thoroughly revised and enhanced edition of this best-selling book analyses and discusses the most up-to-date research on the psychology of quality of life. The book is divided into six parts. The introductory part lays the philosophical and academic foundation of much of the research on wellbeing and positive mental health, showing the beneficial effects of happy people at work, health, and to society at large. Part 2 (effects of objective reality) describes how sociocultural factors, income factors, other demographic factors, and biological and health conditions affect wellbeing and positive mental health. Part 3 focuses on subjective reality and discusses how individuals process information from their objective environment, and how they manipulate this information that affects wellbeing and positive mental health. Part 4 focuses on the psychology of quality of life specific to life domains, while Part 5 reviews the research on special populations: children, women, the elderly, but also the disabled, drug addicts, prostitutes, emergency personnel, immigrants, teachers, and caregivers. The final part of the book focuses on theories and models of wellbeing and positive mental health that integrate and unify disparate concepts and programs of research. The book addresses the importance of the psychology of quality of life in the context of public policy and calls for a broadening of the approach in happiness research to incorporate other aspects of quality of life at the group, community, and societal levels. It is of topical interest to aca-

demics, students and researchers of quality of life, well-being research, happiness studies, psychotherapy, and social policy.

Never HIGHLIGHT a Book Again! Includes all testable terms, concepts, persons, places, and events. Cram101 Just the FACTS101 studyguides gives all of the outlines, highlights, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanies: 9780393921397. This item is printed on demand.

What motivates us to do a good job? When does the pressure of work impact upon our health and well-being? How can employers choose the right candidates? *The Psychology of Working Life* shows how, whether we like it or not, the way we work, and our feelings about it, play a fundamental role in overall well-being. From the use of psychometrics in recruiting the right candidate, to making working life more efficient, the book illustrates how work in industrialized societies continues to be founded upon core psychological ideas. Motivation and job satisfaction have become recognized as key to job design and *The Psychology of Working Life* suggests that changing the way we work can impact on our stress levels, overall health, and productivity.

Integrated teaching, learning, and assessment tools, created by a master teacher

Double and triple your sales--in any market. The purpose of this book is to give you a series of ideas, methods, strategies, and techniques that you can use immediately to make more sales, faster and easier than ever before. It's a promise of prosperity that sales guru Brian Tracy has seen fulfilled again and again. More sales people have become millionaires as a result of listening to and applying his ideas than from any other sales training process ever developed.

A thorough and up-to-date guide to putting positive psychology into practice. From the Foreword: "This volume is the cutting edge of positive psychology and the emblem of its future." -Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of *Authentic Happiness*. Positive psychology is an exciting new orientation in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle addressed it in his treatises on eudaimonia - positive psychology offers a common language on this subject to professionals work-

ing in a variety of subdisciplines and practices. Applicable in many settings and relevant for individuals, groups, organizations, communities, and societies, positive psychology is a genuinely integrative approach to professional practice. *Positive Psychology in Practice* fills the need for a broad, comprehensive, and state-of-the-art reference for this burgeoning new perspective. Cutting across traditional lines of thinking in psychology, this resource bridges theory, research, and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences. A group of major international contributors covers: The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well-being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this cutting-edge discipline, *Positive Psychology in Practice* is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice.

This book offers an inspiring exploration of current findings from the psychology of meaning in life, analysing cutting-edge research to propose practical, evidence-based applications. Schnell draws on psychological, philosophical and cognitive perspectives to explore basic concepts of meaning and introduce a multidimensional model of meaning in life. Written in an accessible style, this book covers a range of topics including the distinction between meaning and happiness, the impact of meaning on health and longevity, meaning in the workplace, and meaning-centred interventions. Each chapter ends with exercises to encourage self-reflection and measurement tools are presented throughout, including the author's original Sources of Meaning and Meaning in Life Questionnaire (SoMe), to inspire the reader to consider the role of meaning in their own life. The *Psychology of Meaning in Life* is essential reading for students and practitioners of psychology, sociology, counselling, coaching and related disciplines, and for general readers interested in exploring the role of meaning in life.

Best-selling authors David Myers' and Nathan DeWall's briefest introduction to psychology speaks to all students regardless of their background or level of preparedness, with no assumptions made in the vocabulary, examples, or presentation. Students of all kinds are comfortable with the inclusive tone and the manageable, ped-

agogically-effective chapters. Instructors appreciate the authors' encouraging students throughout to THINK critically, CONSIDER diverse perspectives, and IMPROVE their everyday life. *Psychology in Everyday Life* is a complete and affordable resource for students at all levels. Dave Myers and Nathan DeWall work on the text and corresponding LaunchPad content so there is a tight connection between all aspects of the course. This edition is heavily updated to reflect the latest in psychological science and to further emphasize the value of thinking critically, considering diverse perspectives, and improving our everyday life. The following elements support this new theme in the fifth edition: THINK CRITICALLY: New "Psychological Science in a Post-Truth World" section in Chapter 1, with its new companion animated tutorial in LaunchPad. "Thinking Critically About" infographics, with new companion activities in LaunchPad. CONSIDER DIVERSE PERSPECTIVES: New coverage on topics related to diversity and inclusion, especially the significantly revised Chapter 4, Sex, Gender, and Sexuality. New historical timeline in Appendix F, with an emphasis on diverse voices. New classroom activities on topics related to diversity now included in the Instructor's Resources. IMPROVE YOUR EVERYDAY LIFE New Student Preface, "How to Apply Psychology to Live Your Best Life," focused on student success. New "Improve Your Everyday Life" feature throughout each chapter helps students apply psychology's principles to their own lives. Assess Your Strengths activities in LaunchPad help make psychology's concepts meaningful, memorable, and useful for students.

A long-respected standard in the psychology of adjustment, *Psychology and the Challenges of Life*, Eleventh Edition has been thoroughly updated and contemporized to provide students the ability to reflect on how psychology relates to the lives we live and the roles that psychology can play in helping us with the challenges we face. Authors Jeffrey Nevid and Spencer Rathus explore the many applications of psychological concepts and principles used to meet the challenges of daily life, while encouraging students to apply concepts to themselves through active learning exercises, self-assessment questionnaires, and journaling exercises.

This Handbook presents a broad overview of the current research carried out in environmental psychology which puts into perspective quality of life and relationships with living spaces, and shows how this original analytical framework can be used to understand different environmental and societal issues. Adopting an original

approach, this Handbook focuses on the links with other specialties in psychology, especially social and health psychology, together with other disciplines such as geography, architecture, sociology, anthropology, urbanism and engineering. Faced with the problems of society which involve the quality of life of individuals and communities, it is fundamental to consider the relationships an individual has with his different living spaces. This issue of the links between quality of life and environment is becoming increasingly significant with, at a local level, problems resulting from different types of annoyances, such as pollution and noise, while, at a global level, there is the central question of climate change with its harmful consequences for humans and the planet. How can the impact on well-being of environmental nuisances and threats (for example, natural risks, pollution, and noise) be reduced? How can the quality of life within daily living spaces (home, cities, work environments) be improved? Why is it important to understand the psychological issues of our relationship with the global environment (climatic warming, ecological behaviours)? This Handbook is intended not only for students of various disciplines (geography, architecture, psychology, town planning, etc.) but also for social decision-makers and players who will find in it both theoretical and methodological perspectives, so that psychological and environmental dimensions can be better taken into account in their working practices.

From one of the pioneers of the scientific study of happiness, an indispensable guide to living your best life. What makes a good life? Is it money? An important job? Leisure time? Mihaly Csikszentmihalyi believes our obsessive focus on such measures has led us astray. Work fills our days with anxiety and pressure, so that during our free time, we tend to live in boredom, watching TV or absorbed by our phones. What are we missing? To answer this question, Csikszentmihalyi studied thousands of people, and he found the key. People are happiest when they challenge themselves with tasks that demand a high degree of skill and commitment, and which are undertaken for their own sake. Instead of watching television, play the piano. Take a routine chore and figure out how to do it better, faster, more efficiently. In short, learn the hidden power of complete engagement, a psychological state the author calls flow. Though they appear simple, the lessons in *Finding Flow* are life-changing.

Psychology and the Conduct of Everyday Life moves psychological

theory and research practice out of the laboratory and into the everyday world. Drawing on recent developments across the social and human sciences, it examines how people live as active subjects within the contexts of their everyday lives, using this as an analytical basis for understanding the dilemmas and contradictions people face in contemporary society. Early chapters gather the latest empirical research to explore the significance of context as a cross-disciplinary critical tool; they include a study of homeless Māori men reaffirming their cultural identity via gardening, and a look at how the dilemmas faced by children in difficult situations can provide insights into social conflict at school. Later chapters examine the interplay between everyday life around the world and contemporary global phenomena such as the rise of the debt economy, the hegemony of the labor market, and the increased reliance on digital technology in educational settings. The book concludes with a consideration of how social psychology can deepen our understanding of how we conduct our lives, and offer possibilities for collective work on the resolution of social conflict.

A SUNDAY TIMES DESIGN BOOK OF THE YEAR

The definitive guide for harnessing the power of colour to improve your happiness, wellbeing and confidence Wouldn't you like to boost your confidence simply by slipping on 'that' yellow jumper? Or when you get home after a stressful day, be instantly soothed by the restful green of your walls? The colours all around us hold an emotional energy. Applied Colour Psychology specialist, Karen Haller, explains the inherent power of colour; for example, looking closely at the colours we love or those we dislike can bring up deeply buried memories and with them powerful feelings. A revolutionary guide to boosting your wellbeing, *The Little Book of Colour* puts you firmly in the driver's seat and on the road to changing the colours in your world to revamp your mood and motivation. Illuminating the science, psychology and emotional significance of colour, with key assessments for finding your own true colour compatibility, this book will help you to rediscover meaning in everything you do through the joy of colour. Get ready to join the colour revolution, and change your life for the better.

The best minds in positive psychology survey the state of the field *Positive Psychology in Practice, Second Edition* moves beyond the theoretical to show how positive psychology is being used in real-world settings, and the new directions emerging in the field. An in-

ternational team of contributors representing the best and brightest in the discipline review the latest research, discuss how the findings are being used in practice, explore new ideas for application, and discuss focus points for future research. This updated edition contains new chapters that explore the intersection between positive psychology and humanistic psychology, salutogenesis, hedonism, and eudaimonism, and more, with deep discussion of how the field is integrating with the new areas of self-help, life coaching, social work, rehabilitation psychology, and recovery-oriented service systems. This book explores the challenges and opportunities in the field, providing readers with the latest research and consensus on practical application. Get up to date on the latest research and practice findings Integrate positive psychology into assessments, life coaching, and other therapies Learn how positive psychology is being used in schools Explore possible directions for new research to push the field forward Positive psychology is being used in areas as diverse as clinical, counseling, forensic, health, educational, and industrial/organizational settings, in a wide variety of interventions and applications. Psychologists and other mental health professionals who want to promote human flourishing and well-being will find the second edition of *Positive Psychology in Practice* to be an informative, comprehensive guide.

In this important, entertaining book, one of the world's most celebrated psychologists, Martin Seligman, asserts that happiness can be learned and cultivated, and that everyone has the power to inject real joy into their lives. In *Authentic Happiness*, he describes the 24 strengths and virtues unique to the human psyche. Each of us, it seems, has at least five of these attributes, and can build on them to identify and develop to our maximum potential. By incorporating these strengths - which include kindness, originality, humour, optimism, curiosity, enthusiasm and generosity -- into our everyday lives, he tells us, we can reach new levels of optimism, happiness and productivity. *Authentic Happiness* provides a variety of tests and unique assessment tools to enable readers to discover and deploy those strengths at work, in love and in raising children. By accessing the very best in ourselves, we can improve the world around us and achieve new and lasting levels of authentic contentment and joy.

From the renowned psychologist who introduced the world to "growth mindset" comes this updated edition of the million-copy

bestseller—featuring transformative insights into redefining success, building lifelong resilience, and supercharging self-improvement. "Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life."—Bill Gates, *GatesNotes* "It's not always the people who start out the smartest who end up the smartest." After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than those with a growth mindset—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

Could the cause of your struggles be hidden in your past lives? Under every major behavior pattern is a set of images whose origin might be in childhood, from our time in the womb, or from previous lives. *Living Your Past Lives: The Psychology of Past-Life Regression* demonstrates how a psychologist has integrated the influences from multiple levels of his clients' conscious and unconscious life. This book shows how your life patterns are linked to your past-life experiences (karma), how those buried memories influence you, and what can be done about them. You will learn how your karma is alive today in your: Behavior patterns Emotional reactions Recurring dreams Relationship patterns Explore the creative aspect of karma to find out what it is trying to tell you. Also, find out how your experience in the womb prepared you to carry out both your karma and your parents' secret needs as well. *Living Your Past Lives* is a rich feast with case studies, discussion of the difference between past-life therapy and past-life regression,

and implications for living better today. Included is a technical section for therapists and interested laypersons. Discover how your karma can help you live more fully in the present.

Inclusive and research-based content, assessment, and teaching tools by a master teacher

Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics.

Do you ever feel sick of your job? Do you ever envy those people who seem to positively love what they do? While those people head off to work with a sense of joy and purpose, for the rest of us trudging back to the office on Monday morning or to the factory for the graveyard shift or to the job site on a hundred-degree day can be an exercise in soul crushing desperation. "If only we could change jobs," we tell ourselves, "that would make it better." But we don't have the right education . . . or we don't have enough experience . . . or the economy isn't right . . . or we can't afford the risk right now. So we keep going back to the same old unsatisfying jobs. The wonderful truth, though, is that almost any kind of occupation can offer any one of us a sense of calling. Regardless of where we are in our careers, we can all find joy and meaning in the work we do, from the construction zone flagger who keeps his

crew safe to the corporate executive who believes that her company's products will change the world. In *Make Your Job a Calling* authors Bryan J. Dik and Ryan D. Duffy explore this powerful idea and help the reader navigate the many challenges—both internal and external—that may arise along the pathway to a sense of calling at work. Over the course of four sections, the authors define the idea of calling, review cutting-edge research on the subject, provide practical guidelines for discerning a calling at all stages of work and life, and explore what calling will look like as workplace norms continue to evolve. They also take pains to present a realistic view of the subject by unpacking the perils and challenges of pursuing one's higher purpose, especially in an uncertain economy. The lessons presented will resound with anyone in any line of work and will show how the power of calling can beneficially shape individuals, organizations, and society as a whole.

This market-leading text emphasizes future consumers of psychological research, uses real-world examples drawn from popular media, and develops students' critical-thinking skills as they become systematic interrogators of information in their everyday lives.

From respected philosopher and writer Jonathan Wolff, this brief introduction to ethics stimulates independent thought, emphasizes real-world examples, and provides clear and engaging introductions to key moral theories and the thinkers behind them. The new Second Edition offers expanded coverage of moral reasoning, as well as two thoughtful and contemporary new chapters on applying moral philosophy and the ethics of race. A companion primary source collection, *Readings in Moral Philosophy*, amplifies issues discussed in the text, connecting them to problems in applied ethics.

Robert Feldman's *Psychology and Your Life* is an engaging new in-

troductory psychology text that uses experiential exercises and activities, career-oriented text examples, and features designed to directly correlate psychology concepts to the professional and personal lives of readers. Throughout the text and supplements, *Psychology and Your Life* reinforces why a basic understanding of psychology is relevant to today's students.

Psychology Matters. No matter what brings students into the Introductory Psychology course and regardless of their initial motivation, Robert Feldman's *Psychology and Your Life with P.O.W.E.R. Learning 3e* draws students into the field by connecting psychology to their professional and personal lives. Designed specifically for the accelerated Introductory Psychology course, *Psychology and Your Life with P.O.W.E.R. Learning* takes into account the diverse population of students who are enrolled in college today, addressing the needs of those who may work full- or part-time; who may be juggling their education, their families, and their jobs; who may be returning to school in search of an occupational change; or who are in a specific career-oriented program.

This book explores psychobiography with focus on meaning making and identity development in the life and works of extraordinary individuals. Meaning-making and identity development are existential constructs influencing psychological development, mental health and wellbeing across the lifecourse. The chapters illustrate through the eyes of 25 international psychobiographers various theoretical and methodological approaches to psychobiography. They explore how individuals, such as Angela Merkel, Karl Lagerfeld, Henri Nouwen, Vivian Maier, Charles Baudelaire, W.E.B. du Bois, Loránt Hegedüs, Kim Philby, Zoltan Paul Dienes, Albertina Sisulu, Ruth First, Sokrates, and Jesus construct their lives to make meaning, develop their identities and grow as individuals within their sociocultural contexts. The texts provide deep insight into life's development.