



Psychology and the Challenges of Life: Adjustment and Growth

Jeffrey S. Nevid, Spencer A. Rathus

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In the 13th edition of *Psychology and the Challenges of Life: Adjustment and Growth , Binder Ready Version, 13th Edition* authors Jeffrey Nevid and Spencer Rathus continue to reflect on the many ways in which psychology relates to the lives we live and the important roles that psychology can play in helping us adjust to the many challenges we face in our daily lives. Throughout, the authors explore applications of psychological concepts and principles in meeting life challenges such as managing our time, developing our self-identity, building and maintaining friendships and intimate relationships, adopting healthier behaviors and lifestyles, coping with stress, and dealing with emotional problems and psychological disorders.

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Christina says

This is a very informative book, helps to understand stress in all its many faces. I enjoyed reading this textbook, which I can't say about most.

Vicki says

6/25/16: Now for the final exam. It was a really good book. It's psychology and our daily lives, the stuff we face every day. Can't beat that!

7/4/16: Final exam wasn't great, but got an "A" in the class. This was a great book and I read every word of it (twice or three times when prepping for quizzes).
