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The Art and Science of Personality Development

Dan P. McAdams

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Drawing on state-of-the-art personality and developmental study, this book presents a new and broadly integrative theory of how people become who they are more than the life training course. Preeminent researcher Dan P. Tackett. Highly readable and accessible to scholars and learners at all levels, the book uses rich portraits of the lives of celebrities to illustrate theoretical ideas and empirical findings. McAdams, Rebecca L. Observe also the Handbook of Character Development, edited by Dan P. Shiner, and Jennifer L. McAdams traces the development of three specific layers of personality--the interpersonal actor who expresses psychological and behavioral characteristics, the motivated agent who pursues goals and values, and the autobiographical writer who constructs an individual story.



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Read it on your own career development. Read it deliberately offering yourself enough time to make the connections and understandings with what you know and keep in mind of your personality development. McAdams captures the need for each individual to formalize the meaning-making had a need to narrate their lives. If university students could read a few of this book, they might have more confidence and engagement in the trip of their careers. Everybody over 21 should read it. The art and science of personality development is normally up to MaAdams' high standards That is a readable and valuable book for any one interesting in understanding not merely the current art and science of personality development but an excellent part of its history. Sea Theory explained and developed Great go through outlining the OCEAN theory with case research.. The Atlantic article is basic when compared to detail/explanation in this book.. I would recommend this to anyone who's interested in adult development as well as childhood development. Ought to be required reading for all human beings MacAdams draws on the very best and most up-to-date analysis in psychology to offer an integrative framework for focusing on how people become themselves. Stunning achievement. Go through it deliberately providing yourself plenty of time . You'll go back to his checklists again and again.. Not practical for a graduate level class where students have several responsibilities beyond classwork and cannot dedicate hours to reading. An excellent reserve for an advance career guidance course. A 6+ star opus. The paperback version of this book fails in a single aspect . A very easy read, and very interesting A very easy read, and very interesting.. The paperback version of the book fails in one aspect: its binding. Might be best for undergrads or for personal reading, but this is more pop research than anything else.I want a concise overview of the literature, not really a self-help book. Unnecessarily verbose.... If you want to have this reserve, try the hardcover, maybe? Unnecessarily verbose.The pages of the book start coming apart after a few readings. Stunning achievement.



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