



Becoming Aware: A Text/Workbook For Human Relations and Personal Adjustment

WALKER VELMA

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Designed for a practical course, *Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment* encourages the reader to think critically, work through problems logically, and make connections with the real world and thus become an active learner of human relations and personal adjustment. The new 12th edition of *Becoming Aware*: Features a humanistic and personal approach. It stresses the healthy and effective personality and the common struggles one encounters when developing a greater awareness of self and establishing more meaningful relationships with others. Is a personal interactive book. Within each chapter, the reader is encouraged to examine relevant ideas and issues pertaining to their understanding of self and their relationships with others. Includes the most current research, references, and quotations available in the search for self-exploration. Addresses new and emerging topics such as learned optimism, strengths-based psychology, the five stages of listening, and PTSD and coping.

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