



Personality and Personal Growth

James Fadiman, Robert Frager

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The Second Edition maintains its cross-cultural, global, and gender-balanced perspectives while emphasizing humanistic and transpersonal psychologists in its exploration of the positive aspects of major personality theorists, stressing each one's relevance for personal understanding. Highly praised for its exceptionally well-written style and accessibility, this book encourages and supports readers in using themselves as the primary touchstone for each theory. Each chapter gives readers opportunities to validate their insights through direct experience, and, by observing their own reactions, come to their own conclusions about the utility and value of each theory.

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