

Choice And Change The Psychology Of Personal

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this volume tackles the critical question of whether people change or remain relatively

constant across the lifespan much existing literature in psychology had largely endorsed the concept of stability but recent scientific developments in theory and research showcased in the chapters of this book have shown there is actually much behavioral plasticity topics addressed include brain function cognitive performance personality psychological well being collective action to achieve social change responses to life stressors and political change the message is clear the culture we live in our life experiences and who we think we are and want to be can all change people

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