



Psychology and the Challenges of Life: Adjustment and Growth

Jeffrey S. Nevid, Spencer A. Rathus

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In the 12th edition of *Psychology and the Challenges of Life: Adjustment and Growth*, 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 this text, 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. The text increases student's understanding by breaking down lengthy chapters into individualized study units designed to fit the busy lifestyles of today's students.

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