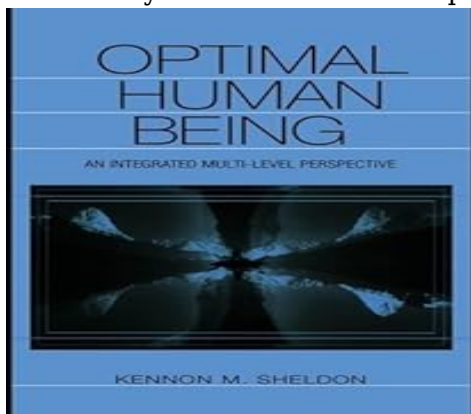


Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon

Book Optimal Human being human

Ken Sheldon's comprehensive new book addresses two questions: how can individuals best integrate the different facets of themselves to achieve optimal human being and how can researchers best integrate the different levels of analysis within the human sciences to understand optimal human being in general? In the process the book supplies two new frameworks—one for viewing the human sciences as a group and the other for viewing personality theory within that group. **Book Optimal Human being human** Optimal Human Being features a multi-level model that moves from biologically based levels of analysis to higher socially based levels and demonstrates how these different levels interact to determine behavior. **Optimal Human beinglenk** The author then proposes a new way of looking at personality by examining four tiers: organismic foundations personality traits goals/intentions and self-concepts and demonstrates how these levels relate to the state of optimal human being. **Optimal Human Being epubublishing** Intended for researchers and students in social and personality clinical developmental and industrial psychology and other social sciences the book will also serve as a supplement in a variety of courses including personality positive psychology well being personal development and motivation. **Optimal Human beinglenk** Drawing inspiration form the 'consilience' of E O Wilson Sheldon tries to put forth a multi level coherent view of a person understandable at biology brains personality social cultural influences etc. **Optimal Human Being book** This book does provide 27 prescriptions and 5 meta prescriptions for achieving optimal human being status but nothing of that is superficial- its borne out of a deep marriage of personality science with positive psychology. **Optimal Human Being kindle cloud** It may not appeal to all readers but given my interests in personality as well as well-being this has just become my new favorite book! Optimal Human Being: An Integrated Multi-level Perspective



. **Book Optimal Human being human** The book concludes with two higher levels of analysis relevant to personality—social interaction and culture—and proposes a new profile of optimal human being: **Optimal Human beinglenk** Optimal Human Being: An Integrated Multi-level Perspective This is a wonderful gem of a book: **Optimal Human Being kindle books** It mines for diamonds through the field of personality psychology and uses that to make prescriptions or how an optimal human being should live. **Optimal Human beingadik-s3e9-0.9.1-pc** It combines rigorous study of personality psychology with an equally rigorous focus on what that means for being happy and flourishing (achieving optimal psychological well-being). I wish I had prioritized this book and read it earlier