



Personal Psychology for Life and Work

By Rita Baltus

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Personal Psychology for Life and Work By Rita Baltus

The fifth edition of this popular text-workbook prepares students to successfully meet many challenges in their personal lives and careers. The text equips students with a basic understanding of psychological principles and shows how to apply these principles in a variety of situations. Personal Psychology for Life and Work emphasizes the need for developing problem-solving and communications skills and for learning to effectively manage stress and conflict.

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Personal Psychology for Life and Work By Rita Baltus Bibliography

- Sales Rank: #1024167 in Books
- Published on: 1998-09-18
- Original language: English
- Number of items: 1
- Dimensions: 9.90" h x .80" w x 8.00" l, 1.86 pounds
- Binding: Paperback
- 472 pages

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