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(Dr. Bethany Lindgren)

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paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number : 150 Publisher: Beijing Normal University Press Pub. Date :2009-08. The book includes: a lifetime of mental health; create healthy self-image; do emotions helmsman; setbacks and success mindset training response; learn how to learn and create. etc. . Higher education. mental health. about: character. also known as personality. First. the human mind and moral structure to contain individual psychological qualities. such as ideals. beliefs and world view itself has a central tendency of individual psychological significance of the content. In addition. good moral character. positive attitude towards life. work hard to learn the spirit. but also have a healthy psychological foundation and as an intermediary. Therefore. the ideological and moral cultivation of personality psychology is inseparable from the cultivation of health. Character of human mental activity manifested during the relatively stable composition. refers to the people of the objective reality of the stability of attitudes and habits of the corresponding behavior of the psychological characteristics. Character must inevitably be subject to the constraints of social ethics. and it has been evaluated. A person s character will reflect their own unique character and worldview. Health. character. such as open-minded. cheerful. self-esteem self-reliance. courage firm. to overcome problems. self-discipline. helpfulness. integrity. etc. some form of scientific world view and a good moral foundation. while others are part of their direct; unhealthy character. such as the arrogant. cruel. brutal. selfish greed. cowardice. self-esteem. narrow suspicion and the like. some of which are the basis of poor moral character. while others are part of their direct. More Contents: Unit 1. a lifetime of mental health and mental health topics a psychological one. two new concept of health. mental health. three. four...

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