



Becoming Aware: A Text/Workbook For Human Relations and Personal Adjustment

Velma Walker

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Designed for a practical course, *Becoming Aware: A Text/Workbook for Human Relations and Personal Adjustment*, utilizes an interactive learning process to help students learn to manage issues in everyday living and offers a catalyst for personal growth. Active, open, and personal participation leads to greater self-awareness, enhanced relationships, and increased control over choosing direction for one's own life.

Features of the 11th edition include:

- More than 60 new and revised activities
- Critical thinking skills are emphasized throughout
- New material includes coverage on social networks, personality types, Emotional Expressivity Scale, making ethical choices, and more
- Updated web resources
- More than 225 thought-provoking quotations, poems and words of wisdom promote insightful awareness
- Enhanced focus on ethnicity, culture and gender, highlighted by boxed material labeled: "Focus on Diversity" and "Gender & You"

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Why? Because this Becoming Aware: A Text/Workbook For Human Relations and Personal Adjustment is an unordinary book that the inside of the guide waiting for you to snap this but latter it will zap you with the secret it inside. Reading this book beside it was fantastic author who else write the book in such incredible way makes the content inside of easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you for not hesitating having this ever again or you going to regret it. This phenomenal book will give you a lot of advantages than the other book include such as help improving your talent and your critical thinking approach. So , still want to postpone having that book? If I had been you I will go to the reserve store hurriedly.

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