



# Personality Theories Workbook

*Donna Ashcraft*

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## **Personality Theories Workbook** Donna Ashcraft

Written by Donna Ashcraft. The case studies in Ashcraft's unique workbook help students learn and apply personality theories to real-life examples of typical (rather than abnormal) behavior. While most personality texts present the major concepts of personality theories, this workbook enables them to understand examples and use the theories on their own. Case studies accompanied by questions guide students through an analysis of the case and encourage them to consider how a particular theorist would view it.

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