



## Dictionary of Personal Development

By Paul Tosey, Josie Gregory

I.K. International Publishing House Pvt. Ltd., 2005. Paperback. Book Condition: New. 15cm x 23cm. The dictionary provides an accessible guide to terms commonly used in various fields concerned with personal development, including counselling and psychotherapy, organization consultancy and management training, adult education, professional development, and group leadership. There is much cross-pollination of vocabulary, and while the authors' approach is humanistic, the dictionary is deliberately not discipline-based or profession-based. The dictionary is primarily for practitioners, students and trainees, and will also be of interest to informed participants or clients. It aims to give a reliable guide to the origins, meanings and usage of terms as well as being a point of departure to a myriad of fields and topics concerned with human experience and development. More than 500 terms are included, drawn from: Adult and Experiential Learning; Body Mind Development; Counselling; Gestalt Therapy; Groupwork; Humanistic Psychology; Jungian Psychology; Interpersonal Skills Training; Management Development; "New Age"; Neuro-Linguistic Programming; Psychology; Psychosynthesis; Spirituality; Systems Thinking; Transactional Analysis; Transpersonal Psychology.



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