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In this breakthrough introduction to psychology, two committed, tech-savvy professors, Deborah Licht and Misty Hull, combine years of research and teaching insights with the journalistic skill of science writer, Coco Ballantyne, who came to this project directly from Scientific American. Scientific American is the essential guide to the most awe-inspiring advances in science and technology, explaining how they change our understanding of the world and shape our lives. Scientific American is the essential guide to the most awe-inspiring advances in science and technology, explaining how they change our understanding of the world and shape our lives. Humanistic psychology is a psychological perspective that rose to prominence in the mid-20th century in answer to the limitations of Sigmund Freud's psychoanalytic theory and B. F. Skinner's behaviorism. With its roots running from Socrates through the Renaissance, this approach emphasizes individuals' inherent drive towards self-actualization ...