



Optimal Human Being: An Integrated Multi-level Perspective

By Kennon M. Sheldon

Download now

Read Online ➔

Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon

Ken Sheldon's comprehensive new book addresses two questions: how can individuals best integrate the different facets of themselves to achieve "optimal human being", and how can researchers best integrate the different levels of analysis within the human sciences to understand "optimal human being" in general? In the process, the book supplies two new frameworks—one for viewing the human sciences as a group, and the other for viewing personality theory within that group.

Optimal Human Being features a multi-level model that moves from biologically based levels of analysis to higher, socially based levels, and demonstrates how these different levels interact to determine behavior. The author then proposes a new way of looking at personality by examining four "tiers": organismic foundations, personality traits, goals/intentions, and self-concepts, and demonstrates how these levels relate to the state of optimal human being. The book concludes with two higher levels of analysis relevant to personality—social interaction and culture—and proposes a new profile of optimal human being.

Intended for researchers and students in social and personality, clinical, developmental, and industrial psychology and other social sciences, the book will also serve as a supplement in a variety of courses including personality, positive psychology, well being, personal development, and motivation.

↓ [Download Optimal Human Being: An Integrated Multi-level Per ...pdf](#)

📖 [Read Online Optimal Human Being: An Integrated Multi-level P ...pdf](#)

Optimal Human Being: An Integrated Multi-level Perspective

By Kennon M. Sheldon

Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon

Ken Sheldon's comprehensive new book addresses two questions: how can individuals best integrate the different facets of themselves to achieve "optimal human being", and how can researchers best integrate the different levels of analysis within the human sciences to understand "optimal human being" in general? In the process, the book supplies two new frameworks—one for viewing the human sciences as a group, and the other for viewing personality theory within that group.

Optimal Human Being features a multi-level model that moves from biologically based levels of analysis to higher, socially based levels, and demonstrates how these different levels interact to determine behavior. The author then proposes a new way of looking at personality by examining four "tiers": organismic foundations, personality traits, goals/intentions, and self-concepts, and demonstrates how these levels relate to the state of optimal human being. The book concludes with two higher levels of analysis relevant to personality—social interaction and culture—and proposes a new profile of optimal human being.

Intended for researchers and students in social and personality, clinical, developmental, and industrial psychology and other social sciences, the book will also serve as a supplement in a variety of courses including personality, positive psychology, well being, personal development, and motivation.

Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon Bibliography

- Sales Rank: #632835 in Books
- Brand: Brand: Psychology Press
- Published on: 2004-07-03
- Released on: 2004-08-12
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x .57" w x 5.98" l, .79 pounds
- Binding: Paperback
- 250 pages

 [Download Optimal Human Being: An Integrated Multi-level Per ...pdf](#)

 [Read Online Optimal Human Being: An Integrated Multi-level P ...pdf](#)

Editorial Review

Review

...proposes a novel conceptual framework for personality psychology and its relation to other human sciences.

—**Book News**

The book provides a well-documented argument for an integration of ideas from the human sciences....exceptionally well referenced, and includes both an author and a subject index, making it especially useful as a supplemental textbook.

—**Journal of Occupational Science**

...this book provides a valuable organizational framework for conceptualizing positive psychology as it relates to personality research.

—**Journal of Personality Assessment**

Ken Sheldon proposes a model to integrate the human sciences with the biological and physical sciences....this convincing scholarly effort derives a value-free view of optimal functioning from the theoretical model.

—**Ed Diener, Ph.D.**

Alumni Professor of Psychology, University of Illinois, Champaign

The author...presents the nuances and intricacies of many theories better than the originators of the theories themselves....The book should be required reading for professors and students interested in personality and/or optimal human functioning...

—**Richard Koestner, Ph.D.**

McGill University

*Ken Sheldon takes on what is arguably the most important question in all of the social sciences: What is optimal human living? The answers he provides are convincing, and they are grounded in solid empirical research. Sheldon offers a compelling psychological model for understanding the different levels of personality and situating the person within a complex biological and cultural context...a conceptual **tour de force** that should be read by academics, researchers, clinicians, and others who look to psychological science to make sense of human nature.*

—**Dan P. McAdams, Ph.D.**

Northwestern University

About the Author

Kennon M. Sheldon is associate professor of psychology at the University of Missouri, Columbia.

Users Review

From reader reviews:

Pamela Guarino:

What do you concentrate on book? It is just for students since they're still students or the idea for all people in the world, the actual best subject for that? Simply you can be answered for that query above. Every person has different personality and hobby per other. Don't to be pressured someone or something that they don't would like do that. You must know how great along with important the book Optimal Human Being: An Integrated Multi-level Perspective. All type of book are you able to see on many options. You can look for the internet solutions or other social media.

Thomas Baldwin:

Reading a publication tends to be new life style in this era globalization. With looking at you can get a lot of information that may give you benefit in your life. Using book everyone in this world could share their idea. Textbooks can also inspire a lot of people. Lots of author can inspire their very own reader with their story or even their experience. Not only the storyplot that share in the guides. But also they write about the data about something that you need example of this. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors these days always try to improve their skill in writing, they also doing some investigation before they write on their book. One of them is this Optimal Human Being: An Integrated Multi-level Perspective.

Micheal Ruiz:

The guide with title Optimal Human Being: An Integrated Multi-level Perspective has lot of information that you can discover it. You can get a lot of benefit after read this book. This book exist new knowledge the information that exist in this publication represented the condition of the world right now. That is important to you to find out how the improvement of the world. This kind of book will bring you throughout new era of the globalization. You can read the e-book in your smart phone, so you can read the idea anywhere you want.

Myron Mendez:

Reading a e-book make you to get more knowledge from that. You can take knowledge and information from your book. Book is prepared or printed or descriptive from each source this filled update of news. With this modern era like now, many ways to get information are available for you. From media social like newspaper, magazines, science guide, encyclopedia, reference book, novel and comic. You can add your knowledge by that book. Are you hip to spend your spare time to spread out your book? Or just in search of the Optimal Human Being: An Integrated Multi-level Perspective when you desired it?

Download and Read Online Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon #8QTPGCUNK62

Read Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon for online ebook

Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon books to read online.

Online Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon ebook PDF download

Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon Doc

Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon Mobipocket

Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon EPub

8QTPGCUNK62: Optimal Human Being: An Integrated Multi-level Perspective By Kennon M. Sheldon