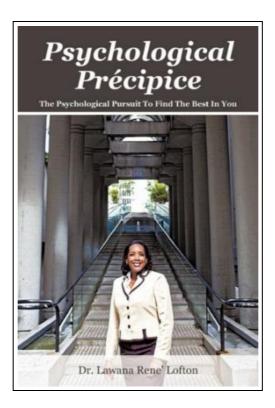
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iUniverse, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.What is psychological normalcy? It is a common expression we all take liberties with. Its definition remains veiled in modern society, which tends to focus on psychiatric illnesses. Many consider themselves well adjusted until they discuss how they navigate their interpersonal relationships. Sustaining mature relationships often appears gravely dysfunctional. Clearly, normalcy warrants further investigation and discussion. The Psychological Precipice: Psychological Pursuit To Find The Best In You explores the disciplines of both psychology and philosophy, presenting in rich detail what constitutes normal. This thorough examination of the foundations of psychology and the pursuit of change will help individuals and psychologists, psychiatrists, and therapists discover empowering skills that will lead to change for those who seek help. Dr. Lofton s Psychological Precipice is an accumulation of professional knowledge in the field of clinical psychology. Through detailed discussions of qualities such as growth, change, intimacy, happiness, and even regret, Dr. Lofton explores how human nature contributes to - and limits - an individual s innate ability to live an extraordinary life.

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