



REJOINING JOY: Volume 4 Daily Living

Dr. Gerald Young

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The fourth volume in the book series is about improving the quality of our daily living. It deals with more complex topics, such as the self, communication, handling children and adolescents, coping with change, and managing work and family life. It includes a chapter on inspiration. It terminates with a description of major points of view in psychology, including the biopsychosocial perspective. This reflects the integrative effort that I have taken in writing the book series. To better understand our psychology, we need to look both inside and around us, both at our bodies and our mind, both at our thoughts and our emotions, and both our bad habits and good ones. We all have core positives waiting to grow.

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