



Cognitive-Experiential Theory: An Integrative Theory of Personality

Seymour Epstein

Download now

[Click here](#) if your download doesn't start automatically

Cognitive-Experiential Theory: An Integrative Theory of Personality

Seymour Epstein

Cognitive-Experiential Theory: An Integrative Theory of Personality Seymour Epstein

The book presents a new theory of personality, referred to as cognitive-experiential theory (CET). Currently there are a variety of personality theories that seem irreconcilable with each other. CET is integrative of all other major personality theories. This integration is accomplished by expanding upon current basic assumptions, including the assumption that all higher-order animals automatically construct an implicit theory of reality that is necessary for adapting to their environments and that is therefore inherently reinforcing. The system that accomplishes this is referred to as the experiential system, as it is an empirical system that adapts by automatically learning from experience. Because it operates without requiring conscious awareness it can be regarded as an adaptive unconscious system, however, this book reveals that the experiential system is not identical with an unconscious adaptive system, and is superior to that construct in several important respects.

Humans, of course, also uniquely operate with a conscious, reasoning system, referred to in CET as a rational system. This book demonstrates how these two systems operate in parallel and influence each other in important ways. For example, the influence of the experiential on the rational system can account for why the human species, despite its outstanding intelligence in solving impersonal problems, which are mainly in the domain of the rational system, often think and behave unintelligently and destructively in solving interpersonal problems, which are primarily in the domain of the experiential system. Yet, neither system is generally superior to the other, and the book discusses how each system is superior in uniquely important ways.

 [Download Cognitive-Experiential Theory: An Integrative Theo ...pdf](#)

 [Read Online Cognitive-Experiential Theory: An Integrative Th ...pdf](#)

Download and Read Free Online Cognitive-Experiential Theory: An Integrative Theory of Personality Seymour Epstein

From reader reviews:

Nick Jansen:

The book Cognitive-Experiential Theory: An Integrative Theory of Personality can give more knowledge and also the precise product information about everything you want. Exactly why must we leave a very important thing like a book Cognitive-Experiential Theory: An Integrative Theory of Personality? Several of you have a different opinion about publication. But one aim that book can give many facts for us. It is absolutely correct. Right now, try to closer with the book. Knowledge or information that you take for that, you are able to give for each other; you could share all of these. Book Cognitive-Experiential Theory: An Integrative Theory of Personality has simple shape but you know: it has great and massive function for you. You can appear the enormous world by wide open and read a publication. So it is very wonderful.

Bobby Gonsalves:

Now a day folks who Living in the era exactly where everything reachable by connect to the internet and the resources inside it can be true or not involve people to be aware of each information they get. How individuals to be smart in getting any information nowadays? Of course the answer then is reading a book. Examining a book can help people out of this uncertainty Information particularly this Cognitive-Experiential Theory: An Integrative Theory of Personality book since this book offers you rich data and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it everybody knows.

Lynne Young:

This book untitled Cognitive-Experiential Theory: An Integrative Theory of Personality to be one of several books in which best seller in this year, this is because when you read this book you can get a lot of benefit on it. You will easily to buy that book in the book shop or you can order it via online. The publisher with this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Smart phone. So there is no reason to your account to past this book from your list.

Joyce Hynes:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Did you know? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read the book. It is really fun in your case. If you enjoy the book which you read you can spent the entire day to reading a guide. The book Cognitive-Experiential Theory: An Integrative Theory of Personality it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book from the smart phone. The price is not very costly but this book offers high quality.

Download and Read Online Cognitive-Experiential Theory: An Integrative Theory of Personality Seymour Epstein #S0XOJD95CAI

Read Cognitive-Experiential Theory: An Integrative Theory of Personality by Seymour Epstein for online ebook

Cognitive-Experiential Theory: An Integrative Theory of Personality by Seymour Epstein 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 Cognitive-Experiential Theory: An Integrative Theory of Personality by Seymour Epstein books to read online.

Online Cognitive-Experiential Theory: An Integrative Theory of Personality by Seymour Epstein ebook PDF download

Cognitive-Experiential Theory: An Integrative Theory of Personality by Seymour Epstein Doc

Cognitive-Experiential Theory: An Integrative Theory of Personality by Seymour Epstein Mobipocket

Cognitive-Experiential Theory: An Integrative Theory of Personality by Seymour Epstein EPub