



Cognitive-Experiential Theory: An Integrative Theory of Personality

Seymour Epstein

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In this volume, Epstein presents a new theory of personality, referred to as cognitive-experiential theory, that 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.

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