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guides students in  
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themselves and how  
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communication, feelings  
and emotions, and  
human relationships, as  
well as numerous end-of

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actually...

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process of psychological  
maturation that involves  
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mistakes we made and  
developing new  
strategies to get to know  
one another better and  
adapt better to the  
world. Personal  
development requires a  
high degree of  
awareness, the ability to  
look within oneself.

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responsible for studying  
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techniques in order to

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growth and development is the goal of a wide range of men and women. It includes

those who suffer from problems in their relationship with others,

or who suffer emotionally with feeling of low self-esteem,

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who are marginally successful or even very

successful or even very

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successful in life, but who want to improve their efficiency, their ability to be and feel intimate and relate to others, , and/or their general level of satisfaction with ...

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influencing your personal growth (i.e., how you grow by exposing yourself to new experiences). We discuss personality and emotion, romantic and intimate relationships, as well as the interplay between culture and these factors on your growing up.

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## **Growth | edX**

### Personal Growth & Self- Actualization Self-

Actualization is a popular psychology term that means: the process of “realiz [ing] fully one’s potential.” I love this definition, for it’s basically the point of personal growth—to realize our full potential, to self-actualize.

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misunderstand this term.

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**Personal Growth &  
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Christina Hibbert**

Sep 02, 2020

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