

CONTENTS

Preface	5
Unit 1 <i>Personality</i>	6
Unit 2 <i>Major Theories of Personality</i>	16
Unit 3 <i>Emotions</i>	28
Unit 4 <i>Feeling Stress</i>	43
Unit 5 <i>Eating Disorders</i>	56
Annexes	68
References	71