



# 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:**

#### **Avis Zeiger:**

Do you certainly one of people who can't read gratifying if the sentence chained in the straightway, hold on guys that aren't like that. This Cognitive-Experiential Theory: An Integrative Theory of Personality book is readable by means of you who hate those straight word style. You will find the details here are arrange for enjoyable reading through experience without leaving actually decrease the knowledge that want to deliver to you. The writer associated with Cognitive-Experiential Theory: An Integrative Theory of Personality content conveys objective easily to understand by many individuals. The printed and e-book are not different in the information but it just different such as it. So , do you even now thinking Cognitive-Experiential Theory: An Integrative Theory of Personality is not loveable to be your top collection reading book?

#### **Adam Youngblood:**

This Cognitive-Experiential Theory: An Integrative Theory of Personality are usually reliable for you who want to be described as a successful person, why. The explanation of this Cognitive-Experiential Theory: An Integrative Theory of Personality can be one of the great books you must have is giving you more than just simple studying food but feed an individual with information that possibly will shock your previous knowledge. This book is usually handy, you can bring it everywhere and whenever your conditions at e-book and printed versions. Beside that this Cognitive-Experiential Theory: An Integrative Theory of Personality giving you an enormous of experience such as rich vocabulary, giving you test of critical thinking that we all know it useful in your day exercise. So , let's have it and luxuriate in reading.

#### **Alejandro Colon:**

Many people spending their time frame by playing outside having friends, fun activity having family or just watching TV all day long. You can have new activity to enjoy your whole day by reading a book. Ugh, do you think reading a book can really hard because you have to bring the book everywhere? It all right you can have the e-book, taking everywhere you want in your Cell phone. Like Cognitive-Experiential Theory: An Integrative Theory of Personality which is keeping the e-book version. So , why not try out this book? Let's observe.

#### **Florence Ross:**

Do you like reading a guide? Confuse to looking for your favorite book? Or your book ended up being rare? Why so many issue for the book? But any people feel that they enjoy for reading. Some people likes reading through, not only science book but in addition novel and Cognitive-Experiential Theory: An Integrative Theory of Personality or perhaps others sources were given know-how for you. After you know how the great a book, you feel want to read more and more. Science publication was created for teacher or maybe students especially. Those publications are helping them to bring their knowledge. In different case, beside science publication, any other book likes Cognitive-Experiential Theory: An Integrative Theory of

Personality to make your spare time a lot more colorful. Many types of book like this one.

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

**#A14HJXQ7CSB**

## **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