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Personal Project Pursuit: Goals, Action, and Human Flourishing

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Personal Project Pursuit is the first book to feature Brian Little's highly respected personal projects analysis (PPA), one of the pioneering theories in contemporary personality and motivational psychology. The book examines both the internal and external dynamics of personal goals and projects and clearly demonstrates that human flourishing is enhanced when individuals are engaged in the pursuit of personal projects.

The book opens with the theory and methodologies of personal projects research. The historical perspective on the development of the two dominant research perspectives from personality and developmental psychology is explored. Section II examines the internal dynamics and competing demands of goal formulation and project inception. The third part accentuates the role that social ecologies play in shaping the nature and outcomes of personal projects. These chapters highlight the importance of interpersonal relationships, organizational contexts, and the societal and cultural expectations in affecting the pursuit of personal projects. Ideas for orchestrating the environment to enhance human flourishing are explored. Section IV demonstrates how personal projects can illuminate and enhance human flourishing, from psychological well being to physical health. The book concludes with applications for enhancing human flourishing from individual counseling to public policy.

Personal Project Pursuit is intended for advanced students, researchers, and practitioners in personality, social, developmental, industrial/organizational, health, environmental, clinical and counseling psychology interested in motivation and well being. An excellent supplemental text for courses on personality, motivation, positive psychology, well being, personal and life span development, the book's applied focus will appeal to counselors and rehabilitation/occupational therapists.

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