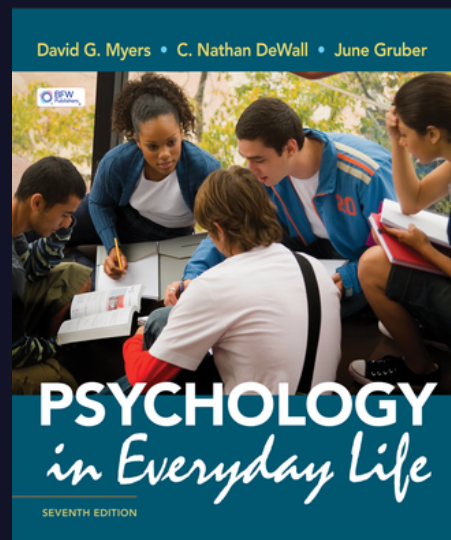


Psychology in Everyday Life, 7th Edition

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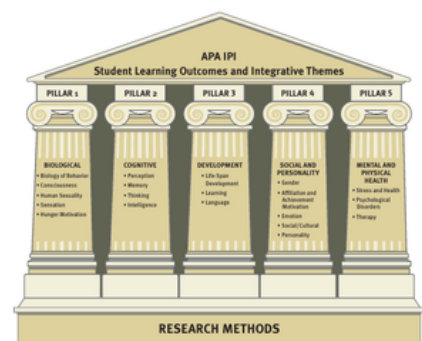
Psychology in Everyday Life (7th Edition) lives up to its title--helping students apply psychology's concepts to their own life in meaningful ways. No matter their background or goals, students will find practical ways to improve their life and increase their sense of belonging. Best-selling authors David Myers, Nathan DeWall, and June Gruber offer a concise yet comprehensive introduction to psychology, designed to engage all students—regardless of background or preparedness. Informed by the latest research and the growing emphasis on student well-being, this edition integrates new content that supports a stronger sense of belonging and wellness. With just over 400 pages, it remains an accessible resource, paired with over 80 interactive tools, created by the authors, in Achieve.



Student Edition Available October 2025

Features that make this text a favorite for students:

- The Authors' voices. Students connect with this book on a personal level and show it by sending the authors unsolicited fan mail.
- Design and appeal. The look of this book is intentionally designed to look like a magazine or blog. The goal is to encourage students to read and connect with the content.
- Relevance. Through personal stories, the authors invite students to apply the content and concepts to their own lives.
- "In Your Everyday Life" and "Improve Your Everyday Life" questions appear throughout each chapter, helping students make meaningful and memorable connections to concepts while applying psychology to their own lives.
- "Assess Your Strengths" personal self-assessments in Achieve allow students to actively apply key principles to their own experiences and develop their strengths.
- Fun notes and quotes that apply psychology's findings to sports, literature, world religions, music, business, and more.
- An emphasis on critical thinking, including the "Statistical Reasoning in Everyday Life" appendix, helps students to become more informed consumers and decision-makers.



CHAPTER 3 REVIEW Developing Through the Life Span

LEARNING OBJECTIVES

- TEST YOURSELF** Answer these repeated Learning Objective Questions on your own (before checking the answers in Appendix Q) to improve your retention of the concepts (Schwartz et al., 2009, 2010).
- Developmental Psychology's Major Issues**
- 3-1: What are the three major issues studied by developmental psychologists?
 - 3-11: Why do attachment differences matter, and how does an infant's ability to develop basic trust affect later relationships?
 - 3-12: How does experiencing adversity affect children's social development?
 - 3-13: What are the four main parenting styles?
 - 3-14: What outcomes are associated with each parenting style?
- Prenatal Development and the Newborn**
- 3-2: How does conception occur? What are chromosomes, DNA, genes, and the human genome? And how do genes and the environment interact?
 - 3-3: How does the develop before birth, and how do fraternal twins put prenatal development at risk?
 - 3-4: What are some abilities and traits of newborns?
 - 3-5: How do twin and adoption studies help us understand the effects of nature and nurture?
 - 3-15: How is adolescence defined, and how do physical changes affect developing teens?
 - 3-16: How did Piaget, Kohlberg, and later researchers describe cognitive and moral development during adolescence?
- Infancy and Childhood**
- 3-6: During infancy and childhood, how do the brain and motor skills develop?
 - 3-7: How did Piaget broaden our understanding of the way a child's mind develops, and how have today's researchers built on his work?
 - 3-8: How did Vygotsky view children's cognitive development?
 - 3-9: What does it mean to develop a theory of mind?
 - 3-10: How do the bonds of attachment form between caregivers and infants?
 - 3-17: What are the social tasks and challenges of adolescence?
 - 3-18: How do parents and peers influence adolescents?
 - 3-19: What is emerging adulthood?
- Adulthood**
- 3-20: What physical changes occur from early to late adulthood?
 - 3-21: How does memory change with age?
 - 3-22: What are adulthood's two primary commitments, and how do chance events and the social clock influence us?
 - 3-23: What factors affect our well-being in later life?
 - 3-24: How do people's responses to a loved one's death vary?

Features make this text a favorite for teachers:

The 8 Guiding Principles

- To teach critical thinking.
- To provide applications of principles.
- To reinforce learning at every step.
- To show the process of inquiry.
- To be as up-to-date as possible.
- To put facts in the service of concepts.
- To enhance comprehension by providing continuity.
- To convey respect for human unity and diversity.



Culture and kissing Kissing crosses cultures. Yet how we do it varies. Imagine yourself kissing someone on the lips. Do you tilt your head right or left? In Western cultures, where people read from left to right, about two-thirds of couples kiss right—as Taylor Swift and Travis Kelce did here, and in Auguste Rodin's sculpture, *The Kiss*. People reading Hebrew and Arabic read from right to left, and in one study, 77 percent of those readers kissed tilting left (Shuai, 2013).



Scan the QR Code to Learn More.



New to the Second Edition:

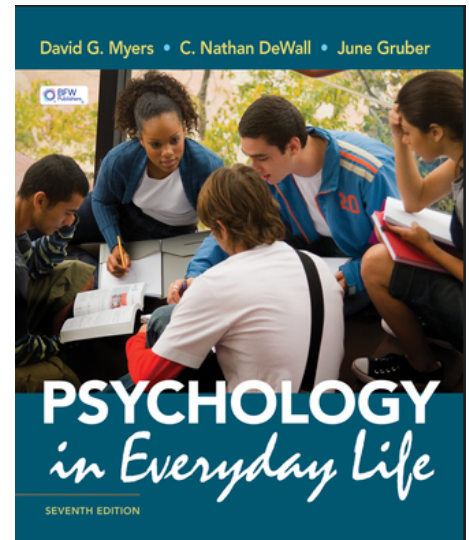
- Text content supports students' **belongingness and well-being** throughout the chapters, for example with coverage of social life balance, forming and maintaining relationships, social development, the importance of prioritizing relationships, and the challenges in dealing with feelings of social exclusion. New text sections offer guidance on emotion regulation (Chapter 10), rebutting misinformation (Chapter 1), and micro-friendships (Chapter 9).
- Throughout the text, students will find opportunities to improve their **well-being** by using evidence-based principles to boost their relationships, academic success, stress-management, and so much more. Self-applications are built into the narrative throughout the text.
- More support for teaching that psychology is a science, and that **critical thinking** matters.
- The text content has been updated with hundreds of new research citations dated 2020–2024, and dozens of compelling new photos, cartoons, and other illustrations chosen to reflect our readers, current events, and recent discoveries in psychology.
- Our improved Student Preface, *Skills for Student Success — How to Apply Psychology to Live Your Best Life*, helps students begin to develop what they will need to succeed in this and other classes, and includes sections on *Thinking Critically and Scientifically*, *Self-Control and Self-Improvement*, *Time Management and Study Tips*, *Social Life*, and *Finding Meaning and Pursuing Goals*.

New in Achieve:

- New activity from David Myers: “How to Increase Your Sense of Belonging, and Why It Matters”
- New Skills for Success activities
- Two new Assess Your Strengths activities from June Gruber: “How Healthy is Your Emotional Ecosystem?” And “How Much Awe Do You Experience, and How Might You Increase It?”
- New research activity from Nathan DeWall: “How Would You Know If Reducing Social Media Use Improves Mental Health?”
- New Lecture Slides created by Nathan DeWall and June Gruber include tips for which Achieve features to use, and new contributed discussion questions that focus on building students' sense of belonging.

Reviewer Comment on the Seventh Edition

I continue to really enjoy the authors' ability to fully engage the reader by offering immediately relatable situations to highlight the concepts and terms being discussed throughout the chapter.... Difficult/nuanced topics are explained thoroughly and adequately without unnecessarily “getting in the weeds.”



Brief Table of Contents

Teacher Preface
Student Preface: *Skills for Student Success — How to Apply Psychology to Live Your Best Life*

[Chapter 1: Psychology's Roots, Critical Thinking, and Self-Improvement Tools](#)
[Chapter 2: The Biology of Behavior and Consciousness](#)
[Chapter 3: Developing Through the Life Span](#)
[Chapter 4: Sex, Gender, and Sexuality](#)
[Chapter 5: Sensation and Perception](#)
[Chapter 6: Learning](#)
[Chapter 7: Memory](#)
[Chapter 8: Thinking, Language, and Intelligence](#)
[Chapter 9: Motivation and Emotion](#)
[Chapter 10: Stress, Health, and Human Flourishing](#)
[Chapter 11: Social Psychology](#)
[Chapter 12: Personality](#)
[Chapter 13: Psychological Disorders](#)
[Chapter 14: Therapy](#)

Appendix A Statistical Reasoning in Everyday Life
Appendix B Psychology at Work
Appendix C The Story of Psychology: A Timeline
Appendix D Career Fields in Psychology
Appendix E Complete Chapter Reviews
Appendix F Answers to the Retrieve and Remember and Chapter Test Questions

Glossary
Glosario
References
Name Index
Subject Index



Scan the QR Code to Learn More.

