



## Personal Project Pursuit: Goals, Action, and Human Flourishing

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### Personal Project Pursuit: Goals, Action, and Human Flourishing From Brand: Psychology Press

*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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### **Editorial Review**

#### **About the Author**

DR. BRIAN R. LITTLE is an internationally acclaimed scholar and speaker in the field of personality and motivational psychology. He is a fellow of the Well-being Institute at Cambridge University, where he also lectures in the Department of Psychology and the Cambridge Judge Business School. He is a Distinguished Research Professor Emeritus at Carleton University. Little has taught at Carleton, McGill, Oxford and Harvard Universities. He was elected as a Favourite Professor by the graduating classes of Harvard for three consecutive years. He lives in Cambridge, England, and Ottawa, Ontario. For more information, visit [www.brianrlittle.com](http://www.brianrlittle.com) or follow him on Twitter @DrBrianRLittle.

Brian R. Little received his Ph.D. in Personality Psychology from the University of California at Berkeley and has taught at Oxford, Carleton, and Harvard Universities. He has received numerous awards for both teaching and research and is currently Distinguished Research Professor Emeritus at Carleton where he continues his extensive research program on personal projects and personality science. Katarina Salmela-Aro is a Professor of Psychology at the Department of Psychology, University of Jyvaskyla, Finland. She was a post-doctoral Fellow at the Max Planck Institute, Berlin, and a Fellow of the Helsinki University Collegium for Advanced Studies, where she has studied motivational personal projects and well-being during life transitions. Susan D. Phillips is Professor and Director of the School of Public Policy and Administration at Carleton University and Senior Academic Fellow with the Canada School of Public Service. She has published extensively on public policy, social movements and urban governance, including adapting Personal Projects Analysis to study public sector management and volunteerism.

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