

CONTENTS

Preamble	vii
Chapter 1 Personal Theories	1
Chapter 2 Needs and Motives	22
Chapter 3 Learning Through Experience	38
Chapter 4 Remembering and Understanding	73
Chapter 5 Thought, Instruction, and Illumination	98
Chapter 6 Unlearning to Learn	126
Chapter 7 Defence and Growth	149
Chapter 8 Growing Up	181
Chapter 9 Teaching	211
Notes	241
Bibliography	258
Index	265
Acknowledgements	272