

.1 Personal improvement and analysis

Standard subdivisions are added for either or both topics in heading

Class here works intended to make one a better person, to solve problems or to adjust to a life that does not meet one's expectations; works on specific systems and schools of applied psychology written for people who wish to be improved or analyzed

Class works on how to get along with other people in 158.2; class works on specific systems and schools of applied psychology written for advisors and counselors to help them assist others in 158.9; class comprehensive works on how to better oneself and how to get along with other people in 158

See Manual at 616.86 vs. 158.1, 204.42, 248.8629, 292–299, 362.29

.12 Personal improvement and analysis through meditation

Standard subdivisions are added for either or both topics in heading

Class here mindfulness meditation

.13 Personal improvement and analysis through mindfulness

Standard subdivisions are added for either or both topics in heading

Class mindfulness meditation in 158.12

.15 Personal improvement and analysis based on personality tests

Standard subdivisions are added for either or both topics in heading

Class here personality analysis

Class interdisciplinary works on personality tests in 155.28

.16 Personal improvement and analysis through writing

Standard subdivisions are added for either or both topics in heading

Class here diary keeping, journaling

Class writing therapy in 615.85163; class interdisciplinary works on diaries in 920