



# The Psychology of Relationships (Palgrave Insights in Psychology series)

*Julia Willerton*

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**The Psychology of Relationships (Palgrave Insights in Psychology series)** Julia Willerton  
Relationships are central to our lives, influencing our health, sense of identity and happiness.

In this accessible introduction, Willerton looks at how we develop and maintain relationships, piecing together insights that span health, social interaction, evolutionary origins and developmental psychology.

Whatever your level of study or interest, this engaging discussion reveals how psychology can enhance your understanding of personal relationships.



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