

Special Issue

Experiences and Well-Being in Personal Growth

Message from the Guest Editor

Recent research in psychology has explored how various factors and experiences contribute to personal growth and its significance for overall well-being. Understanding the roles of individual differences, social environments, and post-traumatic growth has highlighted how adversity can lead to increased resilience and well-being. This Special Issue aims to explore the complex relationship between personal growth experiences and overall well-being across the lifespan, drawing on diverse perspectives from across the psychological sciences in both non-clinical and clinical settings. We welcome papers that examine naturally occurring processes or utilize experimental approach or intervention research, as well as high-quality systematic reviews that offer insights into various factors that feed into personal growth motives and experiences, and how these processes negatively or positively affect well-being. More detailed information: [Experiences and Well-Being in Personal Growth](#)

Guest Editor

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Editor-in-Chief

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