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the psychology book big ideas simply explained by nigel benson

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how do our minds influence the way we behave how do our bodies and minds work together do we have free will exploring and explaining the big ideas and groundbreaking theories in psychology clearly and simply the psychology book answers these questions and more and is the perfect introduction to the subject untangling knotty theories and shedding light on abstract concepts entries unpack each complex idea with easy to follow explanations and eye catching images in this book you can find the history of psychology from its roots in philosophy to modern studies of autism and psychiatry across all of the key fields of study from psychotherapy to cognitive psychology and behaviourism groundbreaking ideas of great thinkers from sigmund freud and carl jung to noam chomsky and daniel kahnehan information about the key personalities of the 19th and 20th centuries whose work has significantly contributed to our understanding of human behaviour with millions of copies sold worldwide the psychology book is part of dk s award winning big ideas series the series uses images tables fact files and engaging writing making big topics easy to understand other titles include the biology book the medicine book and the science book

what do dreams mean how important is childhood really why do we forget this and remember that there s nothing more fascinating or frightening than the ins and outs of the human mind but understanding the complex links between our brains our emotions and our behavior can be challenging this book unravels even the most arcane mysteries of psychology including the human drive for food sex and other desires what happens when thinking and emotions go awry why we fall in love with one person and not another how we can develop a strong sense of self when traumatic events can change who we are scientific information is coupled with real life examples to help you grasp the basic principles and theories of psychology you ll be able to achieve a better understanding of yourself and everyone else around you too

an in depth look at some of the newest issues in psychology and how they can shape our lives at home and at work from ai and eco psychology to the psychology of social media psychologists have always shone a torch into many dark corners of the human mind they study everything from art preferences to altruism coaching to criminality and justice to honesty but in our hyper connected post pandemic world less understood issues are now emerging which can be unsettling for people who are trying to make sense of the many changes happening around them the language of psychology offers clear descriptions and explanations for all sort of phenomena including many of these more modern conditions knowing more about how these conditions manifest themselves and how they can be treated can help people to feel happier and better able to identify and realize their full potential written to accompany the highly successful psychology 101 this book takes a closer look at 50 of the emerging concepts in modern psychology from the psychology of passion to unconscious bias the new psychology explains how these issues impact both our personal and professional lives helping you to reassess the pressures facing you at work and pursue a more fulfilling work life balance

an authoritative and accessible reference guide to psychology includes over 11 000 clear and concise definitions of a wide range of terms and concepts in psychology psychiatry and psychoanalysis ideal for students and professional psychologists as well as the general reader

this encyclopedia volume comprehensively reflects the basic knowledge and the latest research results in the field of psychology in this reference book the knowledge system basic concepts basic theories as well as important figures representative works and institutions of psychology are well organized in encyclopedic entries the whole work includes more than 1 300 entries and about 570 figures making it a full and detailed introduction to the origin and development of psychology

psychology a study of mental life by robert sessions woodworth is an insightful and compelling exploration of the human mind offering readers a foundational understanding of psychology s core principles woodworth masterfully unpacks the complexities of mental processes behavior and emotions guiding readers through an intellectual journey into the depths of cognition and human nature an incredible deep dive into the world of psychology woodworth s ability to break down complex psychological concepts into digestible insights makes this book an enlightening and enriching read highly recommended for anyone interested in the workings of the mind a well structured and engaging exploration of mental life woodworth presents key psychological theories with clarity and relevance while some sections are slightly dense the overall experience is rewarding for those eager to understand the human mind a classic text that remains relevant today woodworth s insights into human thought and behavior are fascinating a bit heavy on theory at times but an excellent read for psychology enthusiasts and students informative and detailed but some sections felt overly technical while it provides great insights

into psychology a more modernized perspective would enhance its accessibility still a valuable read for those serious about the subject this book offers a brilliant exploration of the psychological processes that shape our daily lives woodworth s writing is engaging and his explanations are both thought provoking and educational a must read for anyone interested in psychology

this book provides a one volume overview of psychology s globalization and will serve as a handbook for psychology professors around the globe wanting to internationalize and diversify their courses and curricula and seeking innovative ideas to enrich their teaching topics covered include practical tips to diversify specific courses such as abnormal psychology lifespan development and psychotherapy and innovative methods of assessment of student learning additionally a number of chapters focus on describing the training of psychologists and the history and future of psychology education in various nations and regions co edited by six distinguished international academics the thirty three chapters represent each major geographic region around the world with authors based in nations in africa asia australia europe latin america and north america instructors of cross cultural cultural and international psychology and of multicultural education will be especially interested in the book as will program evaluators policy makers and university administrators

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written in plain english the psychology book is packed with pithy explanations that cut through the jargon diagrams that untangle knotty theories memorable quotes and witty illustrations that play with our perceptions and beliefs whether you re completely new to psychology fully engaged as a student or an armchair expert you ll find plenty to intrigue and stimulate you inside this book

attractively packaged this book is thematically structured covering all the key areas of psychology perception and action memory cognition affect the social self personality anxiety and sleep this book has issues explores the marvel of the human mind by looking at the myriad ways in which it fails to work scientists have long exploited breakdowns and failures to learn more about phenomena and sometimes even to put them right this book has issues assembles a wide variety of intriguing psychological issues instructive errors interesting mistakes and revealing vulnerabilities in order to show just how much we can learn from our failings it is divided into eight sections covering the major components of common experience and how they go wrong the dysfunctions covered arise in perception memory emotion and cognition but also in interpersonal relationships and identity issues personality disorders the ravages of anxiety and stress and problems sleeping are also treated tests and exercises abound throughout the book each chapter includes a feature spread on a psychologist of note and each chapter ends on a positive note with tips help and exercises to promote healthy functioning in each domain

mark b andersen examines authentic examples of sport psychologists at work to teach readers how to use their knowledge of sport psychology in an effective and efficient manner

this book solves history s mysteries and why the world s leaders since the beginning of time

made the decisions they did what caused the deaths of famous people of the past like charlemagne alexander pope beethoven napoleon george washington and others what caused king george iii to go mad what caused the revolutionary war the french revolution the revolution of 1848 in europe the american civil war world war i world war ii and the vietnam war you will learn the real truth

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