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Psychology For Dummies



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Understand why you feel and act the way you do Psychology For Dummies is a great, user-friendly guide to the basics of human behavior and mental functions. psychologist Dr. and using plenty of everyday examples— In plain English— Adam Cash cuts through the jargon to clarify what psychology is about and what it tells you about why you perform the things you do. recognize problems in yourself and others; explore different techniques in psychology; make sense of individual and group behaviors; understand yourself better; With this reserve as your guide, you'll: gain profound insights into human nature; make informed options when seeking psychological counseling; and much more. Demonstrates how understanding human psychology can help you make better decisions, avoid factors that cause tension, manage your time to a greater degree, and set goals. Helps you make informed options when seeking psychological counseling. Serves seeing that an invaluable dietary supplement to classroom learning. From Freud to forensics, anorexia to xenophobia, Psychology For Dummies goes on a remarkable journey of self-discovery.



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Very good book so you can get the gist of what Psychology is ... Very good book for getting the gist of what Psychology is all about. I don't usually read these kind of books from cover to cover, but this was an exception. I recommend if you're at all interested in why is people tick Good Good book, plenty of info packed right into a nutshell. Positive strategy. references. Satisfying read for all aspiring & budding psychologists. This book serves just like a introduction to the field. It was required for a class while reference book. Good usage of good examples. Walk you during that model!! Welcome to the world of Psychology Consider a person who is able to feeling someone's feelings much better than others and their attention easily catches the subtle body language cues that is reflected by people. I suggest you to have a neutral stand. In case you are such a person and you wished to know more as to why it is possible to understand such stuff then you must begin reading about Psychology. You shouldn't be skeptical on the subject of the field and begin from the basics. Great buy! Don't expect anything at length, this book isn't for that, although the books covers each topic with certain level of details. For instance, there's a "section" on dreams. Explains the well-known meta theory that the world currently believes in. Great buy! Talks about how psychologists work. What are the differences in various treatment methods etc. Easy to read. Essentially all of this section did was acknowledge that dreams can have significantly more subconscious meaning than we assume. If you want to learn about Psychology and don't know where to start then this publication is for you, else I recommend you to look for a different book. Easy to understand Great for an outsider attempting to get an idea of psychology. I would suggest this book for newbies. Obviously as a psych major, in my junior 12 months, it has assist in all my classes this semester! Exhaustive resources & Easy to comprehend. Love it Five Stars Came right on time and my daughter loves the book. Four Stars Provided it to a friend who really liked it since it helped him understand the psych processes easily. Good Book Good book about essentials of psychology. Easy to comprehend and read This book is filled with information and is an easy read. Not really technical and the writer keeps the publication interesting by giving anecdotes and jokes We felt like I got left hanging over a cliff I assumed it would be a small more in depth but it's only a very brief explanation of somethings. It'll provide you the basic meta theory in the field. Once you are more comfortable with the field, pick a subject from the reserve that stimulated you the most and explore that in detail. THAT WAS IT six sentences tops. I sensed like I got still left hanging over a cliff.



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