

Psychology For Dummies

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this is the hardcover format of psychology for dummies 2nd edition understand why you feel and act the way you do psychology for dummies is a fun user friendly guide to the basics

of human behavior and mental processes in plain english and using lots of everyday examples psychologist dr adam cash cuts through the jargon to explain what psychology is all about and what it tells you about why you do the things you do with this book as your guide you ll gain profound insights into human nature understand yourself better make sense of individual and group behaviors explore different approaches in psychology recognize problems in yourself and others make informed choices when seeking psychological counseling and much more shows you how understanding human psychology can help you make better decisions avoid things that cause stress manage your time to a greater degree and set goals helps you make informed choices when seeking psychological counseling serves as an invaluable supplement to classroom learning from freud to forensics anorexia to xenophobia psychology for dummies takes you on a fascinating journey of self discovery

what do psychologists do why do they do it does it take some sort of special aptitude to become a psychologist how do you think psychologists feel about us asking all these questions about them a psychologist friend of yours tells you that he is unhappy all the time and thinks it might have something to do with how he makes a living how would you help now substitute the word people for psychologist and you have some idea of the kinds of questions the science of psychology tries to answer questions about behavior motive aptitude feeling perception and therapy and while psychology may not provide definitive answers it does offer powerful insights that can help you better understand who you are and why you feel and act the way you do psychology for dummies is a fun user friendly guide to the basics of human behavior and mental processes in plain english and using lots of everyday examples psychologist dr adam cash cuts through the jargon to explain what psychology is all about and what it tells us about why we do the things we do with this book as your guide you ll gain profound insights into human nature understand yourself better make sense of individual and group behaviors explore different approaches in psychology recognize problems in yourself and others make informed choices when seeking psychological counseling from freud to forensics anorexia to xenophobia psychology for dummies takes you on a fascinating journey of discovery topics covered include major schools of thought and how they differ the role of the body the mind relationships and culture in human psychology what is consciousness awareness and consciousness of self instinct feeling and emotion and where they come from developmental psychology and how people learn the role of gender in psychology abnormal and forensic psychology emotional and psychological problems and psychotherapy human behavior is an endlessly fascinating subject get psychology for dummies and find out what the science of human behavior has to say about why we do the things we do

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an essential guide for parents teachers and caregivers this text provides an informational guide to cognitive development at every stage of a child s life it includes expert tips and guidance on how to diagnose treat and overcome the cognitive barriers that impede learning and development provide by publisher

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contains a variety of ninety nine mostly activity based worksheets with puzzles comic strips time line construction pre and post film viewing tasks poetry mini survey sketching computations games etc the book may even be used as a reference by students and teachers alike a learning preference inventory to be accomplished by the students at the start of the course is provided to help the teacher know his or her students better the author has degrees in educational psychology from the university of the philippines and is currently teaching social science courses at the school of multidisciplinary studies de la salle college of saint benilde he is a member of the international society of the learning sciences and has published several articles in the international journal of learning

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