

Essentials Of Understanding Psychology

4th Canadian Edition

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ebook essentials of understanding psychology

essentials of understanding psychology provides broad coverage of the field of psychology including the theories research and applications that form the core of the discipline

students first bob feldman s essentials of understanding psychology guides students through introductory psychology concepts in an accessible manner bringing comprehension of difficult material into the grasp of all students because when students understand psychology they learn psychology the thoroughly revised eighth edition integrates a variety of elements that foster students understanding of psychology and its impact on their everyday lives including a new neuroscience and life feature alerts to key topics and study skills for specific concepts this text also provides instructors with a fully integrated supplements package to objectively gauge their students mastery of psychology s key principles and concepts and to create dynamic lectures

a fascinating insight into what makes us tick the bestselling understand psychology explains basic psychological processes and how they influence us in all aspects of everyday life it explores why we are the way we are how we came to be that way and what we might do to change seemingly fundamental traits the book puts psychology in context using non technical language to analyze everyday situations it is a comprehensive introduction that shows how human experience can be understood on many levels understand psychology takes you through every aspect of the subject from child development and social influences to the role of memories and emotions you will discover how we interact with each other why we dream what motivates us why children need to play and whether watching tv is bad for you now fully revised and updated this 6th edition of the bestselling guide includes brand new material on mindfulness social living focusing in particular on shyness and loneliness and social media coping with stress decision making and forensic psychology addiction and modern drugs cognitive neuropsychology and the psychology of learning including teaching exams and exam stress the clear structure packed full of practical examples makes it easy to learn the essentials you really need to know about the series people have been learning with teach yourself since 1938 with a vast range of practical how to guides covering language learning lifestyle hobbies business psychology and self help there s a teach yourself book for whatever you want to do join more than 60 million people who have reached their goals with teach yourself and never stop learning

understanding psychology provides a clear introduction to the work and ideas of psychologists it covers topics such as attachment memory anti social behaviour gender and prejudice and considers how they relate to contemporary society

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bob feldman s understanding psychology guides students through introductory psychology concepts in an accessible manner bringing comprehension of difficult material into the grasp of all students because when students understand psychology they learn psychology the thoroughly revised tenth edition integrates a variety of elements that foster students understanding of psychology and its impact on their everyday lives including a new neuroscience in your life feature alerts to key topics and study skills for specific concepts this text also provides instructors with a fully integrated supplements package to objectively gauge their students mastery of psychology s key principles and concepts and to create dynamic lectures

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