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Understand Psychology: Teach Yourself (5th Revised edition)

By Nicky Hayes

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Understand Psychology: Teach Yourself (5th Revised edition), Nicky Hayes, Is this the right book for me? Understand Psychology will take you through every aspect of the subject, from child development and social influences to the role of memories and emotions. The clear structure of the book, packed full of practical examples, makes it easy to learn the essentials whether for an exam or just out of personal interest. Understand Psychology includes: Chapter 1: Understanding psychology Understanding the mind Levels of explanation Areas of psychology Chapter 2: Self and others The first relationships The self-concept Cultural and social influences Chapter 3: Understanding other people Co-operation, compliance and obedience Understanding other people Social representations Chapter 4: Emotional living Emotions Negative emotions Stress and coping Positive psychology Chapter 5: Consciousness and the brain Biological rhythms Drugs and consciousness Sleep and dreaming Chapter 6: Motivation Physical motives Behavioural motives Cognitive motives Social motivation Chapter 7: Cognition Thinking Perception Memory Chapter 8: Evolution, genetics and learning Evolution Genetic mechanisms Levels of learning Chapter 9: Learning and intelligence Forms of learning Social learning Intelligence Chapter 10: Childhood and adolescence Childhood Adolescence Chapter 11: Adulthood, retirement...



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