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The Psychology of the Simpsons *The Psychology of Zelda* **The Psychology of Desire** **The Psychology of Meaning** **The Psychology of Investing** The Psychology of Romantic Love **The Psychology Book** *The Psychology of Language* *The Psychology of Money* The Psychology of Women **The Psychology of Selling and Advertising** *The Psychology of Science and the Origins of the Scientific Mind* **The Psychology of Risk** *The Psychology of Learning* *The Psychology of Wellbeing* *On the Psychology of Military Incompetence* The Oxford Handbook of the Psychology of Working The Psychology of Weather **Prima Donna** *The Psychology of Stupidity* **Stress: The Psychology of Managing Pressure** A First Book in Psychology **The Psychology of Friendship** *The Psychology of Enhancing Human Performance* Psychology of Champions **The Psychology of the Psychic** *The Psychology of Meaning in Life* **Psychology of Prejudice and Discrimination** **The Psychology of the Body** *The Psychology of Fashion* **The Psychology of Intelligence** The Psychology of Silicon Valley Beyond Greed and Fear **The Psychology of Politics** *The Psychology of Trust* **The Psychology of Goals** *The Psychology of Art* The Psychology of Expertise *The Psychology of Childhood Illness* **The Psychology of Totalitarianism**

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Psychology of Champions Oct 08 2020 In this unprecedented book, two psychologist researchers interview sports legends and super-athletes across sports to explain the thinking that powers stellar performers, pushing them to amazing and historic successes. **The Psychology of the Body** Jun 03 2020 This book is designed to provide massage therapists and bodyworkers with a greater

understanding of the psychological issues that can arise from using touch in their therapy sessions. The book describes the connection between the body and the mind, how touch affects this connection, the client's emotional reaction and release, and how to respond to the client in an appropriate manner. The purpose of the book is to clearly define the scope of practice in this area for massage therapists, and

bodyworkers. Beyond Greed and Fear Jan 29 2020 "Shefrin synthesizes a wealth of research and observations about human behavior and financial anomalies into a broad and deep perspective on financial markets. No other book so splendidly lays out the fundamentals of behavioral finance."--Robert Shiller, Stanley B. Resor Professor of Economics, Cowles Foundation for Research in Economics, Yale University Even the

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best Wall Street investors make mistakes. No matter how savvy or experienced, all financial practitioners eventually let bias, overconfidence, and emotion cloud their judgement and misguide their actions. Yet most financial decision-making models fail to factor in these fundamentals of human nature. In *Beyond Greed and Fear*, the most authoritative guide to what really influences the decision-making process, Hersh Shefrin uses the latest psychological research to help us understand the human behavior that guides stock selection, financial services, and corporate financial

strategy. *Beyond Greed and Fear* illuminates behavioral finance for today's investor. It will help practitioners to recognize--and avoid--bias and errors in their decisions, and to modify and improve their overall investment strategies. [The Psychology of Silicon Valley](#) Mar 01 2020 Misinformation. Job displacement. Information overload. Economic inequality. Digital addiction. The breakdown of democracy, civility, and truth itself. This open access book explores the conscious and unconscious norms, values, and characteristics that drive behaviors

within the high-tech capital of the world, Silicon Valley, and the sector it represents. In an era where the reach and influence of a single industry has the potential to define the future of our world, it has become apparent just how little we know about the organizations driving these changes. *The Psychology of Silicon Valley* offers a revealing look inside the mind of world's most influential industry and how the identity, culture, myths, and motivations of Big Tech are harming society. The book argues that the bad values and lack of emotional intelligence borne in the vacuum of

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Silicon Valley will have lasting consequences on everything from social equality to the future of work to our collective mental health. Katy Cook expertly walks us through the psychological landscape of Silicon Valley, including its leadership, ethical, and cultural problems, and artfully explains why we cannot afford to ignore the psychology and values that are behind our technology any longer.

The Psychology of Learning Sep 18

2021 An introduction to the psychology of learning that summarizes and integrates findings from both functional

psychology and cognitive psychology. Learning unites all living creatures, from simple microbes to complex human beings. But what is learning? And how does it work? For over a century, psychologists have considered such questions. Behavior analysts examined the ways in which the environment shapes behavior, whereas cognitive scientists have sought to understand the mental processes that enable us to learn. This book offers an introduction to the psychology of learning that draws on the key findings and major insights from both functional (behavior

analysis) and cognitive approaches. After an introductory overview, the book reviews research showing how seemingly simple regularities in the environment lead to powerful changes in behavior, from habituation and classical conditioning to operant conditioning effects. It introduces the concept of complex learning and considers the idea that for verbal human beings even seemingly simple types of learning might qualify as instances of complex learning. Finally, it offers many examples of how psychological research on learning is being

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used to promote human well-being and alleviate such societal problems as climate change. Throughout the book, boxed text extends the discussion of selected topics and “think it through” questions help readers gain deeper understanding of what they have read. The book can be used as an introductory textbook on the psychology of learning for both undergraduate and postgraduate students or as a reference for researchers who study behavior and thinking. *The Psychology of Meaning in Life* Aug 06 2020 This book offers an inspiring exploration of

current findings from the psychology of meaning in life, analysing cutting-edge research to propose practical, evidence-based applications. Schnell draws on psychological, philosophical and cognitive perspectives to explore basic concepts of meaning and introduce a multidimensional model of meaning in life. Written in an accessible style, this book covers a range of topics including the distinction between meaning and happiness, the impact of meaning on health and longevity, meaning in the workplace, and meaning-centred

interventions. Each chapter ends with exercises to encourage self-reflection and measurement tools are presented throughout, including the author’s original Sources of Meaning and Meaning in Life Questionnaire (SoMe), to inspire the reader to consider the role of meaning in their own life. *The Psychology of Meaning in Life* is essential reading for students and practitioners of psychology, sociology, counselling, coaching and related disciplines, and for general readers interested in exploring the role of meaning in life.

The Psychology of
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Risk Oct 20 2021

This second edition explores the psychology of risk, examining how individuals think, feel and act. The questions addressed include: why do companies fail to protect against obvious hazards? What biases in risk estimation are common? How should we communicate levels of risk effectively? How should we reduce risky behaviour?

The Psychology of Zelda Sep 30 2022

It's dangerous to go alone! Take this (book). For more than 30 years, The Legend of Zelda—which immerses players in a courageous struggle against the shadowy forces of

evil in a world of high fantasy—has spanned more than 30 different installments, selling over 75 million copies. Today, it is one of the most beloved video game franchises around the globe. Video game sales as a whole have continued to grow, now raking in twice as much money per year as the entire film industry, and countless psychologists have turned their attention to the effects gaming has on us: our confidence, our identity, and our personal growth. The Psychology of Zelda applies the latest psychological findings, plus insights from classic psychology theory, to Link,

Zelda, Hyrule, and the players who choose to wield the Master Sword. In *The Psychology of Zelda*, psychologists who love the games ask: • How do Link's battles in Ocarina of Time against Dark Link, his monstrous doppelganger, mirror the difficulty of confronting our personal demons and the tendency to be our own worst enemies? • What lessons about pursuing life's greater meaning can we take away from Link's quests through Hyrule and beyond the stereotypical video game scenario of rescuing a Princess (Zelda)? • What do we experience as players when we hear that familiar royal lullaby on the

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ocarina, Saria's spirited melody in the Lost Woods, or the iconic main theme on the title screen? • How do the obstacles throughout Majora's Mask represent the Five Stages of Grief? • What can Link's journey to overcome the loss of the fairy Navi teach us about understanding our own grief and depression? • Why are we psychologically drawn to the game each and every time a new version becomes available even when they all have a similar storyline? Think you've completed the quest? The Psychology of Zelda gives you new, thrilling dungeons to explore and even

more puzzles to solve. **The Psychology Book** Apr 25 2022 How does memory work? Who is the "distractor" in your family? What was the "car crash" experiment? The Psychology Book is your visual guide to the complex and fascinating world of human behavior. Discover how we learn, become emotionally bonded with others, and develop coping mechanisms to deal with adversity, or conform in a group. Get to know key thinkers, from Freud and Jung to Elizabeth Loftus and Melanie Klein, and follow charts and timelines to make sense of it all and see how one theory influenced another. With

concise explanations of different schools of psychology including psychotherapy, cognitive psychology and behaviorism, this is an ideal reference whether you're a student, or a general reader. It's your authoritative guide to over 100 key ideas, theories and conditions, including the collective unconscious, the "selfish" gene, false memory, psychiatric disorders, and autism. If you're fascinated by the human mind, The Psychology Book is both an invaluable reference and illuminating read.

The Psychology of the Psychic Sep 06 2020 The X Files

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The Haunting, The Sixth Sense, and The Blair Witch Project clearly show that the public has a tremendous fascination with the paranormal and the occult, and the media is all too eager to cater to people's wildest fantasies and fears. At a time when there is growing acceptance of pseudoscience and claims of psychic phenomena, this penetrating analysis of so-called psychic abilities is a long overdue and thorough refutation of the whole psi craze. In regard to ESP, the Ganzfeld research, and the extraordinary claims of "mentalists," psychologist David Marks uncovers a long trail of

deception, conjuring tricks, and scientific bungling. He also goes to great pains to examine the claims of serious parapsychologists such as Russell Targ, Harold Puthoff, Edwin C. May, the late Charles Honorton, Rupert Sheldrake, Jessica Utts, and Nobel Prize winner Brian D. Josephson. Not only does he provide an interesting account of what these leading figures think they have discovered, but he also offers lucid explanations of why they are mistaken. Included along with these fascinating investigations is a discussion of why so many people today are prone to believe in the

reality of psi phenomena. In the final chapter, titled "The Art of Doubt," the author explores the positive role of skepticism in the progress of genuine science. For all those who value science's ability to separate sense from nonsense, The Psychology of the Psychic will come as welcome relief. The devastating conclusions will shock those who believe that psi is a proven reality. This book gives psi the knockout blow!

The Psychology of Meaning Jul 29

2022 Explores the multifaceted nature of this highly subjective construct. Contributors to this groundbreaking edited volume examine the

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phenomenological, empirical, and clinical aspects of people's reactions to the loss of meaning, to uncertainty, and to meaning violations. The book concludes with a scholarly, clinical chapter on how psychotherapy can help restore meaning in one's life.

Prima Donna Apr 13 2021 Paul Wink utilizes cutting-edge advances in research on developmental psychology and narcissism to shed light on Callas's puzzling personal deterioration during the last nine years of her life. Prima Donna is both a powerful study of Callas's life and a contribution to the greater body of work on the

psychology of artists. The Psychology of Expertise Aug 25 2019 Experts, who were the sole active dispensers of certain kinds of knowledge in the days before AI, have now often assumed a rather passive role. They relay their knowledge to various novices, engineers, experimental psychologists or cognitivists - or other experts! - involved in the development and understanding of expert systems. This book achieves a perfect marriage between experimentalists and theoreticians who deal with expertise. It tries to establish the

benefits to society of an advanced technology for representing and disseminating the knowledge and skills of the best corporate managers, the most seasoned pilots, and the most renowned medical diagnosticians. This book interests psychologists as well as all those out in the trenches developing expert systems, and everyone pondering the nature of expertise and the question of how it can be studied scientifically. Its scope, the pivotal concepts which it elucidates and brilliantly summarizes and appraises in the final chapter, as well as the references it

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includes, make this book a landmark in the field.

On the Psychology of Military

Incompetence Jul 17 2021 The Crimea, the Boer War, the Somme, Tobruk, Pearl Harbor, the Bay of Pigs: these are just some of the milestones in a century of military incompetence, of costly mishaps and tragic blunders. Are these simple accidents--as the "bloody fool" theory has it--or are they inevitable? The psychologist Norman F. Dixon argues that there is a pattern to inept generalship, and locates this pattern within the very act of creating armies in the first place, which in his view produces a levelling

down of human capability that encourages the mediocre and limits the gifted. In this light, successful generals achieve what they do despite the stultifying features of the organization to which they belong. A classic study of military leadership, *On the Psychology of Military Incompetence* is at once an original exploration of the battles that have defined the last two centuries of human civilization and an essential guide for the next generation of military leaders. [The Psychology of Romantic Love](#) May 27 2022 What love is, why love is born, why it sometimes grows, and why it sometimes dies.

Have you ever wondered how romantic love evolves? What the difference is between mature and immature love? What role sex plays in romantic love, and whether love necessarily implies sexual exclusivity? And, most important, how can we make love last? Originally published in 1980, this updated edition of *The Psychology of Romantic Love* explores the nature of romantic love on many levels--the philosophical, the historical, the sociological, and the physiological. Nathaniel Branden explains why so many people say that romantic love is just not possible in today's world and--drawing on his

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experience with thousands of couples-finds that such love is still a possibility for anyone who understands its essence and is willing to accept its challenges.

Branden sees it as a pathway not only to extraordinary joy but also to profound self-discovery. His vision of love is thoroughly appropriate to our time and grounded in our humanness.

The Psychology of Goals

Oct 27 2019 Bringing together leading authorities, this tightly edited volume reviews the breadth of current knowledge about goals and their key role in human behavior. Presented are cutting-edge theories and findings that shed

light on the ways people select and prioritize goals; how they are pursued; factors that lead to success or failure in achieving particular aims; and consequences for individual functioning and well-being.

Thorough attention is given to both conscious and nonconscious processes. The biological, cognitive, affective, and social underpinnings of goals are explored, as is their relationship to other motivational constructs.

Psychology of Prejudice and Discrimination

Jul 05 2020 The Psychology of Prejudice and Discrimination

provides a comprehensive and compelling overview of what psychological theory and research have to say about the nature, causes, and reduction of prejudice and discrimination. It balances a detailed discussion of theories and selected research with applied examples that ensure the material is relevant to students. Newly revised and updated, this edition addresses several interlocking themes, such as research methods, the development of prejudice in children, the relationship between prejudice and discrimination, and discrimination in the workplace.

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which are developed in greater detail than in other textbooks. The first theme introduced is the nature of prejudice and discrimination, which is followed by a discussion of research methods. Next comes the psychological underpinnings of prejudice: the nature of stereotypes, the conditions under which stereotypes influence responses to other people, contemporary theories of prejudice, and how values and belief systems are related to prejudice. Explored next are the development of prejudice in children and the social context of prejudice. The theme of

discrimination is developed via discussions of the nature of discrimination, the experience of discrimination, and specific forms of discrimination, including gender, sexual orientation, age, ability, and appearance. The concluding theme is the reduction of prejudice. An ideal core text for junior and senior college students who have had a course in introductory psychology, it is written in a style that is accessible to students in other fields including education, social work, business, communication studies, ethnic studies, and other disciplines. In addition to courses on prejudice and

discrimination, this book is also adapted for courses that cover topics in racism and diversity. For additional resources, consult the website BreakingPrejudice.org, which focuses on pedagogical materials that can be used to address both cultural awareness and self-awareness of prejudice and to increase students multicultural competence. Specifically, the site includes: Original teaching activities (ready to use with minimal preparation, including discussion questions) An annotated list of podcasts (categorized by topic) An annotated

list of videos (categorized by topic) A set of social justice songs (categorized by topic) Four original public service announcements 16 video diaries about people's personal experience with prejudice Interviews with 13 social justice activists "

The Psychology of Friendship Dec 10 2020 In the late 20th and 21st centuries, the meteoric rise of countless social media platforms and mobile applications have illuminated the profound need friendship and connection have in all of our lives; and yet, very few scholarly volumes have focused on this unique and

important bond during this new era of relating to one another. Exploring such topics as friendship and social media, friendship with current and past romantic partners, co-workers, mentors, and even pets, editors Mahzad Hojjat and Anne Moyer lead an expert group of global contributors as they each explore how friendship factors within our lives today. What does it mean to be a friend? What roles do friendships play in our own development? How do we befriend those across the race, ethnicity, gender, and orientation spectrums? What happens when a

friendship turns sour? What is the effect of friendship - good and bad - on our mental health? Providing a much needed update to the field of interpersonal relations, *The Psychology of Friendship* serves as a field guide for readers as they shed traditional definitions of friendship in favor of contemporary contexts and connections.

The Psychology of Selling and Advertising Dec 22 2021

The Psychology of Language Mar 25 2022 David Ludden integrates the traditional topics of psycholinguistics with relevant and recent findings across the breadth of psychology

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including neuroscience, cognitive, evolutionary, social and cross-cultural approaches. He also extends the study of the psychology of language beyond the traditional focus on the English language and North American culture, taking instead a cross-cultural viewpoint.

The Psychology of Fashion May 03

2020 What do our clothes say about us? How do the clothes we wear affect our moods and emotions? How does the fashion industry encourage us to aspire to look in a certain way? *The Psychology of Fashion* offers an insightful introduction to the exciting and dynamic world of

fashion in relation to human behaviour, from how clothing can affect our cognitive processes to the way retail environments manipulate consumer behaviour. The book explores how fashion design can impact healthy body image, how psychology can inform a more sustainable perspective on the production and disposal of clothing, and why we develop certain shopping behaviours. With fashion imagery ever present in the streets, press and media, *The Psychology of Fashion* shows how fashion and psychology can make a positive difference to our

lives.

The Psychology of Politics Dec 30

2019 How do some political leaders capture popular support? What is the appeal of belonging to a nation? Can democracy thrive? *The Psychology of Politics* explores how the emotions which underpin everyday life are also vital in what happens on the political stage. It draws on psychoanalytic ideas to show how fear and passion shape the political sphere in our changing societies and cultures, and examines topical social issues and events including Brexit, the changing nature of democracy, activism, and

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Trump in America. In a changing global political climate, *The Psychology of Politics* shows us how we can make sense of what drives human conduct in relation to political ideas and action. [The Oxford Handbook of the Psychology of Working](#) Jun 15 2021 Researchers and practitioners interested in the role of work in people's lives are faced with the need for new perspectives to support clients, communities, and organizations. This handbook is designed to fill this gap in the literature by focusing on the full spectrum of people who work and who want to

work across the diverse contexts that frame working in the 21st century. *The Psychology of Money* Feb 21 2022 Doing well with money isn't necessarily about what you know. It's about how you behave. And behavior is hard to teach, even to really smart people. Money—investing, personal finance, and business decisions—is typically taught as a math-based field, where data and formulas tell us exactly what to do. But in the real world people don't make financial decisions on a spreadsheet. They make them at the dinner table, or in a meeting room, where personal history, your own

unique view of the world, ego, pride, marketing, and odd incentives are scrambled together. In *The Psychology of Money*, award-winning author Morgan Housel shares 19 short stories exploring the strange ways people think about money and teaches you how to make better sense of one of life's most important topics. [The Psychology of the Simpsons](#) Nov 01 2022 Psychologists turn their attention to *The Simpsons*, one of America's most popular and beloved shows, in these essays that explore the function and dysfunctions of the show's characters. Designed to appeal to both fans of the

show and students of psychology, this unique blend of science and pop culture consists of essays by professional psychologists drawn from schools and clinical practices across the country. Each essay is designed to be accessible, thoughtful, and entertaining, while providing the reader with insights into both *The Simpsons* and the latest in psychological thought. Every major area of psychology is covered, from clinical psychology and cognition to abnormal and evolutionary psychology, while fresh views on eclectic show topics such as gambling

addiction, Pavlovian conditioning, family therapy, and lobotomies are explored.

The Psychology of Art Sep 26 2019
Why do we enjoy art? What inspires us to create artistic works? How can brain science help us understand our taste in art? *The Psychology of Art* provides an eclectic introduction to the myriad ways in which psychology can help us understand and appreciate creative activities. Exploring how we perceive everything from colour to motion, the book examines art-making as a form of human behaviour that stretches back throughout history as a constant source of

inspiration, conflict and conversation. It also considers how factors such as fakery, reproduction technology and sexism influence our judgements about art. By asking what psychological science has to do with artistic appreciation, *The Psychology of Art* introduces the reader to new ways of thinking about how we create and consume art.

[A First Book in Psychology](#) Jan 11 2021 "This book has been written in the ever strengthening conviction that psychology is most naturally, consistently, and effectively treated as a study of conscious selves in relation to other selves and to

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external objects--in a word, to their environment, personal and impersonal. However he defines his science, every psychologist talks and writes about selves--of myself and yourself--as conscious of people, of things, or of laws and formulae. The psychology of self, which this book sets forth, is a conscious adoption and scientific exposition of this natural and practically inevitable conception. In general, I have tried to make a simpler, more direct approach to the subject. In the earlier book, I treated psychology in a twofold fashion, both as science of selves

and as science of ideas (or 'mental processes'), discussing all forms of consciousness from both points of view. I have here abandoned this double treatment, with the intent to simplify exposition, not because I doubt the validity of psychology as study of ideas, but because I question the significance and the adequacy, and deprecate the abstractness, of the science thus conceived. In a second fashion this book differs from the other. I have tried to embody what appear to me to be the important results of so-called functional psychology. That is to say, I have taken explicit account of the characteristic

bodily reactions on environment which accompany perception, thought, emotion, and will; and I have briefly considered the various forms of consciousness as factors in conduct, and as significant in individual and in social development"-- Preface. (PsycINFO Database Record (c) 2006 APA, all rights reserved). *The Psychology of Science and the Origins of the Scientific Mind* Nov 20 2021 In this book, Gregory Feist reviews and consolidates the scattered literatures on the psychology of science, then calls for the establishment of the field as a unique discipline.

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He offers the most comprehensive perspective yet on how science came to be possible in our species and on the important role of psychological forces in an individual's development of scientific interest, talent, and creativity. Without a psychological perspective, Feist argues, we cannot fully understand the development of scientific thinking or scientific genius. The author explores the major subdisciplines within psychology as well as allied areas, including biological neuroscience and developmental, cognitive, personality, and social psychology, to show how each

sheds light on how scientific thinking, interest, and talent arise. He assesses which elements of scientific thinking have their origin in evolved mental mechanisms and considers how humans may have developed the highly sophisticated scientific fields we know today. In his fascinating and authoritative book, Feist deals thoughtfully with the mysteries of the human mind and convincingly argues that the creation of the psychology of science as a distinct discipline is essential to deeper understanding of human thought processes.

The Psychology of Totalitarianism

Jun 23 2019 The world is in the grips

of mass formation—a dangerous, collective type of hypnosis—as we bear witness to loneliness, free-floating anxiety, and fear giving way to censorship, loss of privacy, and surrendered freedoms. It is all spurred by a singular, focused crisis narrative that forbids dissident views and relies on destructive groupthink. Desmet's work on mass formation theory was brought to the world's attention on The Joe Rogan Experience and in major alternative news outlets around the globe. Read this book to get beyond the sound bites! Totalitarianism is not a coincidence

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and does not form in a vacuum. It arises from a collective psychosis that has followed a predictable script throughout history, its formation gaining strength and speed with each generation—from the Jacobins to the Nazis and Stalinists—as technology advances. Governments, mass media, and other mechanized forces use fear, loneliness, and isolation to demoralize populations and exert control, persuading large groups of people to act against their own interests, always with destructive results. In *The Psychology of Totalitarianism*, world-renowned

Professor of Clinical Psychology Matthias Desmet deconstructs the societal conditions that allow this collective psychosis to take hold. By looking at our current situation and identifying the phenomenon of “mass formation”—a type of collective hypnosis—he clearly illustrates how close we are to surrendering to totalitarian regimes. With detailed analyses, examples, and results from years of research, Desmet lays out the steps that lead toward mass formation, including: An overall sense of loneliness and lack of social connections and bonds A lack of

meaning—unsatisfying “bullsh*t jobs” that don’t offer purpose Free-floating anxiety and discontent that arise from loneliness and lack of meaning Manifestation of frustration and aggression from anxiety Emergence of a consistent narrative from government officials, mass media, etc., that exploits and channels frustration and anxiety In addition to clear psychological analysis—and building on Hannah Arendt’s essential work on totalitarianism, *The Origins of Totalitarianism*—Desmet offers a sharp critique of the cultural “groupthink” that

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existed prior to the pandemic and advanced during the COVID crisis. He cautions against the dangers of our current societal landscape, media consumption, and reliance on manipulative technologies and then offers simple solutions—both individual and collective—to prevent the willing sacrifice of our freedoms. “We can honor the right to freedom of expression and the right to self-determination without feeling threatened by each other,” Desmet writes. “But there is a point where we must stop losing ourselves in the crowd to experience meaning and connection.

That is the point where the winter of totalitarianism gives way to a spring of life.” “Desmet has an . . . important take on everything that’s happening in the world right now.”—Aubrey Marcus, podcast host “[Desmet] is waking a lot of people up to the dangerous place we are now with a brilliant distillation of how we ended up here.”—Robert F. Kennedy, Jr. *The Psychology of Enhancing Human Performance* Nov 08 2020 The MAC approach developed by connecting the more traditional scientific knowledge base on human performance and self-regulation to more contemporary

findings to do with meta-cognitive processes, emotion regulation, and acceptance-based behavioral interventions. Written by the originators of the MAC model, this book will provide both the necessary theory, empirical background, and a structured step-by-step, easy-to-use protocol for the understanding, assessment, conceptualization, and enhancement of human performance. It is a protocol that can be readily adapted for a wide variety of high-performing clientele--from athletes and business people, to sales people, professionals in a variety of fields, and

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emergency/military personnel. The material can be integrated by practicing clinicians as an adjunctive intervention strategy to help clients with specific performance problems.

Numerous case examples, forms, handouts, in- and out-of-session assignments and activities, and verbatim client instructions are included.

The Psychology of Wellbeing Aug 18 2021 How can we improve our sense of wellbeing? What explains the current wellbeing boom? What does wellbeing mean to you? The Psychology of Wellbeing offers readers tools to navigate their own

wellbeing and understand what makes a 'good life'. Using self-reflection and storytelling, it explores how trust affects psychological and emotional wellbeing, considers how stress and inequality impact our psychological wellbeing, and how trends such as positive psychology influence our understanding of happiness. In a world where the 'wellness economy' is big business, *The Psychology of Wellbeing* shows how we can question and make sense of information sources, and sheds light on the wellness, self-care and self-help industry.

The Psychology of Investing Jun 27

2022 While traditional finance focuses on tools used to optimize return and risk, this book explains how psychology can affect our decisions more than financial theory. Covering the ways investors actually behave, this is the first book of its kind to delve into the ways biases influence investment behavior and how overcoming these biases can increase financial success. Now in its sixth edition, this classic text features: An easy-to-understand structure, illustrating psychological biases as everyday behavior, analyzing their effect on investment

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decisions, and concluding with academic studies that exhibit real-life investors making choices that hurt their wealth. A new chapter on the biology of investment, exploring the latest research on genetics, neuroscience, and how hormones, aging, and nature versus nurture inform our investment behavior. An additional strategy for controlling biases, helping readers understand the psychology that motivates markets and how to address it. Experiential examples, chapter summaries, and end-of-chapter discussion questions to help readers test their

practical understanding. Fully updated with the latest research in the field, this book will prove fascinating and educational to advanced students in investment, portfolio management, and behavioral finance classes as well as investors and financial planners. An updated companion website includes an instructor's manual, PowerPoint slides, and more.

The Psychology of Desire Aug 30 2022 Providing a comprehensive perspective on human desire, this volume brings together leading experts from multiple psychological subdisciplines. It

addresses such key questions as how desires of different kinds emerge, how they influence judgment and decision making, and how problematic desires can be effectively controlled. Current research on underlying brain mechanisms and regulatory processes is reviewed. Cutting-edge measurement tools are described, including practical recommendations for their use. The book also examines pathological forms of desire and the complex relationship between desire and happiness. The concluding section analyzes specific applied domains--eating, sex, aggression,

substance use, shopping, and social media.

The Psychology of Weather May 15

2021 Do you feel happier on a sunny day? Are you afraid of thunderstorms? Are you dreaming of a White Christmas? The Psychology of Weather explores our relationship with the weather, and how it can affect our mood, behaviour, and lifestyle. The book sheds light on our preoccupation with this natural phenomenon, providing insights into how the weather on the day we were born can directly affect our intelligence and personality, and explore such surprising findings that suicide rates

peak in the spring and summer. When the weather affects everything from our buying behaviour, to the jobs we do, The Psychology of Weather shows us that understanding and appreciating the weather can improve our well-being and contribute to human survival.

Stress: The Psychology of Managing Pressure Feb 09

2021 Covering sources of stress in every area of life: work, exams, relationships, social pressure, money, and more, this practical guide combines infographics and self-analysis questionnaires to make information easy to access and apply. This dynamic

infographic program, founded on cutting-edge psychological research, enables you to deconstruct and deal with stress head-on. Stress: The Psychology of Managing Pressure helps you identify external and internal sources of stress in your life and reframe unhelpful patterns of thought into powerful psychological solutions that you can apply every day. Underpinned by psychological theory, with relevant findings from psychologists, doctors, and teachers, this book will help you smash the shadow of stress in any area of your life and emerge happier, healthier, and more

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productive.

The Psychology of Trust Nov 28 2019

What makes us trust people? How is trust developed and maintained? Is Western society facing a crisis of trust? The

Psychology of Trust addresses trust issues that are directly relevant to peoples'

experiences in their daily lives. It

identifies the factors that cause people to trust, and the consequences of trust for real

world issues in health, politics,

terrorism, the workplace, and

religious faith. It also explores the

impact of a lack of trust, and what causes distrust of individuals, groups

and organisations. In a world where

trust impacts our daily lives, The Psychology of Trust shows the role trust plays in our relationships, and provides practical guidance regarding our own trust in others.

The Psychology of Intelligence Apr 01 2020

Think of developmental psychology, and the name of Jean Piaget immediately springs

to mind. His theory of learning lies at the very heart of the modern

understanding of the human learning process, and he is

celebrated as the founding father of child psychology. A

prolific writer, is the author of more than fifty books and

several hundred articles. The Psychology of

Intelligence is one

of his most important works. Containing a complete synthesis of his thoughts on the mechanisms of intellectual development, it is an extraordinary volume by an extraordinary

writer. Given his significance, it is hardly surprising that Psychology Today pronounced Piaget the Best

Psychologist of the twentieth century. The Psychology of Women Jan 23 2022

This highly respected text offers students an enjoyable, extraordinarily well-written introduction to the psychology of women with an up-to-date examination of the field and comprehensive coverage of topics.

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Appropriate for students from a wide variety of backgrounds, Margaret Matlin's *THE PSYCHOLOGY OF WOMEN*, 7th Edition, accurately depicts women's experiences through direct quotations and an emphasis on empirical research. Known for its balance of scholarship, readability, and inclusion of various kinds of women, the text reflects a genuine interest in and understanding of the readers for whom it was written. This edition is updated to incorporate the most current research, and continues to examine numerous topics that are central to many

women's lives but omitted from competing textbooks, including complete chapters on childhood, adolescence, love relationships, motherhood, health psychology, and psychological disorders. Matlin also provides enhanced coverage of such important topics as social class, ethnic diversity, pregnancy, and women's retirement as she continues to lead the way for the psychology of women course.

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The Psychology of Childhood Illness

Jul 25 2019 The pattern of childhood illness has changed significantly during this century. Many frightening conditions such as polio and tuberculosis have essentially been eradicated. Other conditions that were once fatal have now achieved the status of chronic disorders, for example, leukemia, cancer, and cystic fibrosis. Technological advances which have resulted in the medical treatment of these conditions have, however, created a gamut of psychological problems for the children and their families. Recognition of these problems has lagged behind other

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advances in pediatric medicine. The emergence of a specialist area of pediatric psychology (Wright, 1975) has largely been responsible for the mushrooming of research in the area. In much early work, the emphasis was on the impact of chronic illness on children and their families. Reactions at times of greatest trauma, especially diagnosis or death, were particularly well documented. Issues relating to day-to-day aspects of child care, involving questions of discipline or protectiveness, have received much less attention. As far as the sick child is concerned, there has been much

investigation of academic and intellectual development, as well as of personality changes that might accompany illness. *The Psychology of Stupidity* Mar 13 2021 The #1 International bestseller'We need books like this one'Steven PinkerAnd so I proclaim, o idiots and every stripe and morons of all kinds, this is your moment of glory: this book speaks only to you. But you will not recognise yourselves...Stupidity is all around is, from the coworkers who won't stop hitting 'reply all' to the former school friends posting conspiracy theories on Facebook. But in

order to battle idiocy, we must first understand it. In *The Psychology of Stupidity*, some of the world's leading psychologists and thinkers - including Nobel Prize winners will show you...why smart people sometimes believe in utter nonsensehow our lazy brains cause us to make the wrong decisionswhy trying to debate fools is a traphow media manipulation and Internet overstimulation makes us dumberwhy the stupidest people don't think they're stupidTheir wisdom and wit are a balm for our aggrieved souls and a beacon of hope in a world of morons