



The Everything Psychology Book: Explore the Human Psyche and Understand Why We Do the Things We Do

Lynda L. Warwick, Lesley Bolton

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The Everything Psychology Book is an easy-to-follow guide to the experiments, theories, and principles that have shaped modern psychology and given us insights into human behavior.

From learning and personality development to dreams and the unconscious, this straightforward primer explains how the brain works and how our environment affects thinking and behavior.

In addition to the scientific information, readers learn how to apply what we know about psychology to improve everyday lives.



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