



The Rough Guide to Psychology: An Introduction to Human Behaviour and the Mind

Christian Jarrett

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The Rough Guide to Psychology looks at the question psychologists have been asking for over a hundred years - why are we the way we are? It starts with you, your mind and brain, broadening out to look at your friends and other relationships, then finally on to crowds, mobs and religion. It explores the latest research relevant to crime, schooling, sport, politics, shopping and health, and what happens when the mind goes wrong, including depression, anxiety, schizophrenia, and more unusual conditions. *The Rough Guide to Psychology* includes fascinating information on real-life psychology, testing your memory, intelligence, personality and much more, with advice on everything from chat-up lines to developing your creativity.

The Rough Guide to Psychology is your ultimate guide to this fascinating subject.

The Rough Guide to Psychology: An Introduction to Human Behaviour and the Mind Details

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From Reader Review The Rough Guide to Psychology: An Introduction to Human Behaviour and the Mind for online ebook

S. Musavi says

Apparently a subject like psychology is too complicated to be described in a book. Christian Jarrett's book is not an easy one to read. He has tried to introduce a big picture of the field as comprehensive as possible.

Definitely this is the right book to start psychology with. After reading the book you will know enough specialized areas of psychology and so you can go for more information.

This book is neither a cook book of psychology tricks nor a text book. This book is for serious reader who wants to start his journey in the field; she or he will find enough references for every topic if there is a craving for much more content.

Wiseman513 says

3.2/5

Alexandria says

This was an excellent introduction to psychology for me. It covered a broad spectrum of information both chronologically & thematically. I also enjoyed the resources at the end but, as others have said, the book lacks direct citations to the cases discussed.

Dan says

Psychology has been a longtime interest and frequent topic of conversation for as long as I can remember, and this book is perfect for anyone with similar interests. It covers a broad range of topics, from your own mind, to interactions with others, the world and then ends with psychological disorders, which we all probably have to one degree or another. The author does a fantastic job of keeping things interesting with quizzes, exercises and a plethora of pictures. This is a superb book for anyone wanting to delve further into the human mind.

Racha Doughman says

-Ethnic psychology: not enough to study human mind. It must dig deeper into cultural history, evolution, and language

-gestalt psychology: holistic contents of consciousness (recognizing that mental experience is often distinct from the sum of its parts)

-cognitive psychology: mental activities that go into our brain (cognitive psychology is the dominant approach in experimental psychology)
Memory and perception work

-cognitive archeology
-rose tinted spectacles
-bias blindspot (our tendency to think that people are more prone to self-bias than we ourselves are)
-affective forecasting (grumpy aunt visit example)

Kurt says

A whirlwind tour of many branches of psychology along with a little history. Surprisingly deep for as broad as the subject is.

Alistair Murphy says

Great book, was my first read to psychology and i am dazzled by the amount that i have learned and discovered.

Shaun Watson says

Great introduction to psychology, easy to understand as a beginner on the subject. Many topics discussed are easily relatable to everyday living.

Maybe not so useful for experts obviously.

Freda Mans-Labianca says

I love the Rough Guide series.

This one is close to the top of the ones I have read too. I just really get a kick about books that help to understand our brains, and why we tick the way we do. This little gem of a book touches on all facets of psychology, and really helps you understand more about yourself and others too.

I will admit, since reading this book, I am trying to eliminate swearing from my life completely. I try to curb my teenage son from using it, and the hubster as well.

I think a lot of people will find this book interesting, since we all can relate to it in one way or another. Definitely one I think you should pick up and check out.

4.5/5

Ahmed Magdy says

"The Rough Guide to Psychology" was an excellent introduction to Psychology for me. It talks about our minds, how they work and how we feel. It also talks about the history of Psychology and mentions some experiments with almost every piece of information.

But the bad point for me was that I expected it to talk longer in some important and interesting subjects, but he talked very superficially about them, while he prolonged the speech through many boring issues, so you feel that the book could have been smaller and more interesting..

But anyway it let me know many new things and I loved it..

Kylie Young says

I must own this book! I have had it on loan from my library for 3 months now (to their annoyance) and I'm still not finished. I constantly need to reread things so that the enormity of the information gets stuck in my brain, which I find ironic, considering I'm reading about memory function and the sort.

The reason I need to read everything twice is because the book is written so well, one mind blowing piece of information flows peacefully so well into another mind blowing fact.

I have learnt so much from this little book and I feel like I need to read it again (sorry library) - perhaps I just need to go out and buy my own copy.

It's so interesting and I feel like anyone would take something away from this book.
