



Psychology For Dummies

Adam Cash

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Understand why you feel and act the way you do

Psychology For Dummies is a fun, user-friendly guide to the basics of human behavior and mental processes. In plain English—and using lots of everyday examples—psychologist Dr. Adam Cash cuts through the jargon to explain what psychology is all about and what it tells you about why you do the things you do.

With this book as your guide, you'll: gain profound insights into human nature; understand yourself better; make sense of individual and group behaviors; explore different approaches in psychology; recognize problems in yourself and others; make informed choices when seeking psychological counseling; and much more.

- Shows you how understanding human psychology can help you make better decisions, avoid things that cause stress, manage your time to a greater degree, and set goals
- Helps you make informed choices when seeking psychological counseling
- Serves as an invaluable supplement to classroom learning

From Freud to forensics, anorexia to xenophobia, *Psychology For Dummies* takes you on a fascinating journey of self discovery.

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