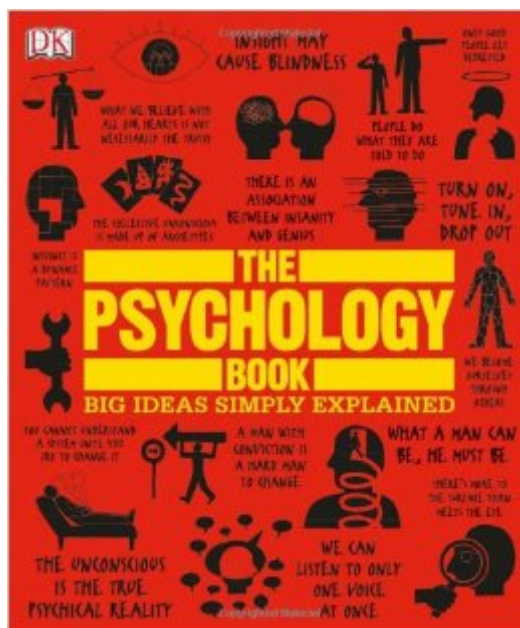


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# The Psychology Book (Big Ideas Simply Explained)



## Synopsis

Clearly explaining more than 100 groundbreaking ideas in the field, The Psychology Book uses accessible text and easy-to-follow graphics and illustrations to explain the complex theoretical and experimental foundations of psychology. From its philosophical roots through behaviorism, psychotherapy, and developmental psychology, The Psychology Book looks at all the greats from Pavlov and Skinner to Freud and Jung, and is an essential reference for students and anyone with an interest in how the mind works.

## Book Information

Series: Big Ideas Simply Explained

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Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (140 customer reviews)

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## Customer Reviews

I absolutely love this book! If you are a psychology major or just interested in human behavior, this book is for you. Its explanations, pictures, and diagrams are so easy to read and follow! It includes the history of concepts as well as current findings and thinking on the subjects. I love how the book is divided up - philosophical roots, behaviorism, psychotherapy, cognitive psych, social psych, developmental philosophy, and psych of difference (personality & intelligence). I have learned so many interesting facts from this book. For example, one of the concepts on the cover of the book is - A Man with Conviction is a Hard Man to Change. Read about cognitive dissonance and why it is so hard to change someone's opinion and thought processes when they really believe in it, no matter how insane or impractical it may be. You won't be sorry with the amount of information, ease of reading, and layout of the book.

I was so happy when I spotted this book at our local public library. I had seen it at a book store a week or two before and was hesitant about spending \$25 for a book filled with subject matter that I was already pretty knowledgeable about. What else was there to learn after teaching psychology for 35 years? The answer: A LOT! In fact, I'm enjoying the book so much that I'm going to reluctantly return it to the library tomorrow and order my own copy. The bright red book contains a wealth of information presented in an unusual, yet inviting format. The Psychology Book is organized according to major fields (like social and developmental psychology) and perspectives (including behaviorism and cognitive psychology). Within each chapter are the founding fathers (no founding mothers here), an overview of their theories, brief biography of their lives, and some of their famous findings and quotes. I especially like the latter. For instance, "Anything that grows has a ground plan" says Erik Erikson, developer of the well-known eight psychosocial stages of life. Then there's this one by Albert Ellis, "The best years of your life are the ones in which you decide your problems are your own. You realize that you control your destiny." Even leafing through the book is fun. It's colorful, has dozens of designs and drawings, contains "text blocks" of information (usually in the margins), has attention-getting section titles such as "Insight Might Cause Blindness" and "Only Good People Get Depressed," and several diagrams that are actually easy to read and understand. Just when I wondered if it could be any better, I noticed a glossary AND a directory. If you want to learn more about the science of human behavior and mental processes, read this book. Almost like a textbook except that it's fun and inviting, you'll come away feeling enlightened.

The Psychology Book is a very enjoyable textbook-style overview of the history of psychology that runs over 350 pages. The major sections are: Philosophical Roots, Behaviorism, Psychotherapy, Cognitive Psychology, Social Psychology, Developmental Philosophy and Psychology of Difference. It covers all the major thinkers and their theories from the philosophical roots of psychology all the way to the present. DK Publishing did an extremely good job in making this book interesting and readable for those not familiar with the subject. Unlike the other books in the "Big Ideas" series it is organized by theme not chronologically and it works well. I would say this is the best book in the series. It provides a good overview of almost all psychological theories and practices with brief biographies of major contributors and full-color pictures. It has enough information without being too wordy or dry. All the major psychologists seem to get their due here (Jung, Freud, Adler and many others) so the authors don't pull any punches. I love the textbook approach as the information is well organized, well written and concise. This is Psychology 101 and could almost function as an entry level book for students in high school or adults looking for an introduction. Buy this book. It is

recommended for those interested in an introduction to psychology.

Digital version is completely unacceptable. The font size is virtually unreadable and couldn't be enlarged. There are no links. It's like a bad photo copy. I'd like a refund - just not sure how to get it. Some of the kindle versions of other Big Idea titles are good but this and the one on Politics is pathetic.

While the content of the book is great, the Kindle formatting is terrible. It is completely inconsistent with every other Kindle book I have purchased. Supposedly you can zoom to enlarge text and double tap to see all sidebars. None of those features work. Double tapping actually seems to randomly jump you back and forth between different sections of the book. It seems that one other book in this series has formatting problems as pointed out on the kindle order page. All of the DK Publishing books in this series need to be re-assessed as to readability.

my review is, specifically, about the KINDLE VERSION of this book. it is horrible! it does not zoom or rotate. you cannot set bookmarks or highlight text. the zoom is really important as the text is very small. i can't help wondering if this is a ploy to sell the kindle AND print versions because i can certainly imagine people opting for the print version after seeing how silly this kindle version is.

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