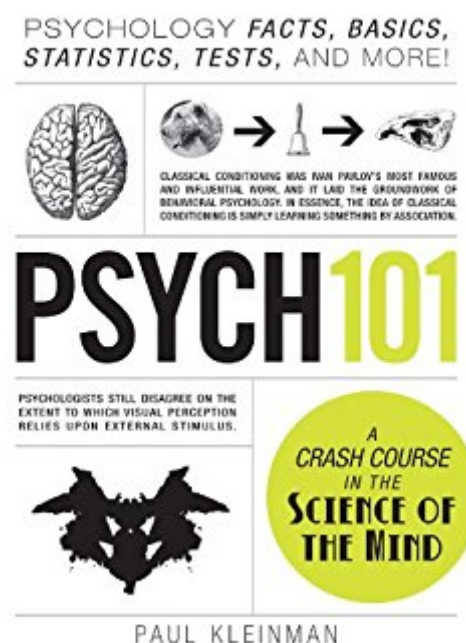


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# Psych 101: Psychology Facts, Basics, Statistics, Tests, And More! (The 101 Series)



## Synopsis

A hands-on approach to exploring the human mind Too often, textbooks turn the noteworthy theories, principles, and experiments of psychology into tedious discourse that even Freud would want to repress. Psych 101 cuts out the boring details and statistics, and instead, gives you a lesson in psychology that keeps you engaged - and your synapses firing. From personality quizzes and the Rorschach Blot Test to B.F. Skinner and the stages of development, this primer for human behavior is packed with hundreds of entertaining psychology basics and quizzes you can't get anywhere else. So whether you're looking to unravel the intricacies of the mind, or just want to find out what makes your friends tick, Psych 101 has all the answers - even the ones you didn't know you were looking for.

## Book Information

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## Customer Reviews

THE GOOD This is a wonderful overview of modern, Western psychology including: major contributors to psychology, major areas/overarching theories, important experiments, succinct definitions (e.g. from DSM III), etc. The explanations are concise and easily understood. It's a hardback (good to keep as a reference work) in the size of a paperback. The style is matter of fact

and seemingly unbiased overall. The author also provides short biographical sketches of major people in psychology, and attempts to tie their background/upbringing into the rationales of their theories. THE BAD In an overview of this type, some things are left out, however, I would suggest at least a small reference to these overlooked items: Psychological Assessment--Minnesota MultiPhasic Inventory (MMPI), Jungian psychological types (esp. the Myers-Briggs Type Inventory or MBTI, the most given test in history); assessment by graphic means including art therapy & the Bender-Gestalt--I studied these in Doctoral courses at George Washington University in DC), and the Management Grid--which I found quite useful as a Supervisor/Manager. Psychological Treatment/Therapy--Behavioral Modification (very effective way to treat symptoms); and sand play therapy Management Practices-- Situational Leadership II by Zigarmy, Blanchard, and Zigarmy--which I found quite useful as a Supervisor/Manager. It combines both learning and a logical approach for both employees and supervisors. THE UGLY Errors--p. 123: the book says that Maslow's Hierarchy of Needs is serial--one can't overlap the levels, but this is not what Maslow said in "The Further Reaches of Human Nature" though it may have been the original version of his theory.

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