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Atkinson And Hilgards Introduction To Psychology, 16 Ed

For students who have not studied psychology previously, or feel they need a refresher, we recommend either of these general introductory text books: Nolen-Hoeksema S, Fredrickson B, Loftus G, ...

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Now in its 16th edition, Atkinson & Hilgard's Introduction to Psychology has been fully revised and updated to reflect all recent research developments, theories and ideas, whilst also retaining all of the qualities which have established it as a leading undergraduate psychology textbook over the past five decades, including its highly accessible and engaging student-centred approach. The established author team of Susan Nolen-Hoeksema, Barbara Fredrickson and Geoffrey R. Loftus has been joined by Christel Lutz (University of Utrecht), who has helped to add a fresh European influence, and thereby create a truly international introductory textbook.The 'Cutting Edge Research' box features and 'Seeing Both Sides' essays which conclude each chapter have been fully updated and replaced throughout, using contributions from a range of experts across the globe, and really help to bring the text to life for students.

From one of the nation's preeminent experts on women and emotion, a breakthrough new book about how to stop negative thinking and become more productive It's no surprise that our fast-paced, overly self-analytical culture is pushing many people-especially women-to spend countless hours thinking about negative ideas, feelings, and experiences. Renowned psychologist Dr. Susan Nolen-Hoeksema calls this overthinking, and her groundbreaking research shows that an increasing number of women-more than half of those in her extensive study-are doing it too much and too often, hindering their ability to lead a satisfying life. Overthinking can be anything from fretting about the big questions such as "What am I doing with my life?" to losing sleep over a friend's innocent comment. It is causing many women to end up sad, anxious, or seriously depressed, and Nolen-Hoeksema challenges the assumption-heralded by so many pop-psychology pundits of the last several decades-that constantly expressing and analyzing our emotions is a good thing. In Women Who Think Too Much, Nolen-Hoeksema shows us what causes so many women to be overthinkers and provides concrete strategies that can be used to escape these negative thoughts, move to higher ground, and live more productively. Women Who Think Too Much will change lives and is destined to become a self-help classic.

Dr. James W. Kalat's BIOLOGICAL PSYCHOLOGY is the most widely used text in the course area, and for good reason: an extremely high level of scholarship, clear and occasionally humorous writing style, and precise examples. Throughout all eleven editions, Kalat's goal has been to make biological psychology accessible to psychology students, not just to biology majors and pre-meds. Another goal has been to convey the excitement of the search for biological explanations of behavior, and Kalat delivers. Updated with new topics, examples, and recent research findings--and supported by new online bio-labs, part of the strongest media package yet--this text speaks to today's students and instructors. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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