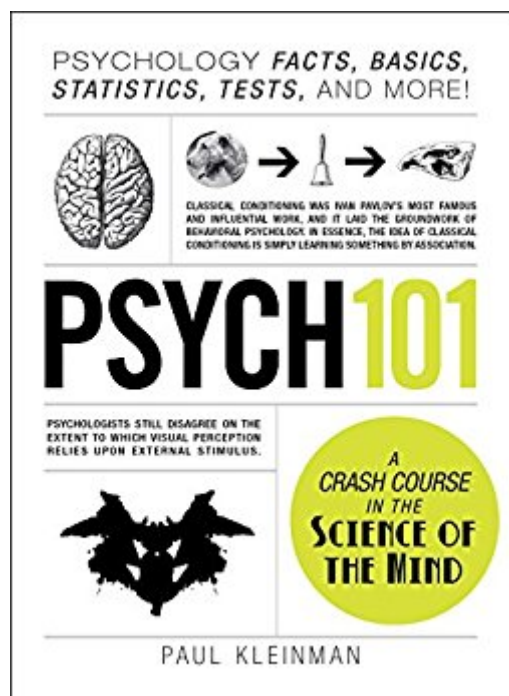




The book was found

Psych 101: Psychology Facts, Basics, Statistics, Tests, And More! (Adams 101)



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.

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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. Rorschach inkblots are included as color plates (which is great) but they are in the wrong place (between pages 128 & 129) since Rorschach is described (with short card interpretations) on pp. 65-72, and p. 128: IQ brackets here differ markedly from my recollection from college (maybe it was DSM I? hard to believe; my recollection is DSM II).

Biases--while the author avoids (as far as I can tell) inserting his own biases (kudos to him!), he does point out the recent cultural biases affecting psychology, without comment. He justifiably points out that many prior experiments, e.g. Milgram & Carney Landis, are considered "unethical" by the American Psychological Association today--but this point of view is itself biased (Political Correctness is a bias), and assumes that the ends don't justify the means. This is not only silly, but unscientific. This bias violates almost all of p. 204: Aaron Beck's Cognitive Therapy's Ten Cognitive Distortions--e.g.:

- Overgeneralization: using an isolated situation and broadly assuming all others are the same way
- Disqualifying the positive: Acting as if events that are positive do not count. [e.g. psychological knowledge]
- All or nothing thinking: Only thinking in terms of absolutes and not recognizing there can be middle ground.
- Emotional Reasoning: Instead of looking at a situation objectively by studying the facts, a person lets his or her emotions govern his or her thoughts on the situation, as well as
- Jumping to Conclusions, Magnification and Minimization, Mental Filter, Should Statements, Labeling and Mislabeling.

While Kleinman cites the improvements in DSM III by adding statistics to it to offset the

findings of the Rosenhan Experiments (though he may not realize that statistics are only information; they're not knowledge), he ignores how many psychological theories he's presented apply to the DSM and APA. To wit, p. 30: Anna Freud's ego defenses, p. 49: "Groupthink--When a group agrees on most issues, there is a tendency to stifle any dissent...can be disastrous because it leads to a failure to listen to or identify all sides of an argument and can result in impulsive decisions...to combat groupthink, authentic dissent should be nurtured," pp. 197-8: "Cognitive Behavioral Therapy--the individual can begin to understand what feelings and thoughts influence their behavior...people do not simply get upset, but will become so as a result of having inflexible beliefs," p. 199: Albert Ellis' Rational Therapy or Rational Emotive Behavior Therapy--"For a person to be emotionally healthy, they must accept reality, even if this reality is unpleasant" [avoid value judgments], p. 219: Erich Fromm's Automaton Conformity, p. 272: Lee Ross' Cognitive Biases: False Consensus & Uniqueness Effects--"False consensus...to think that our opinions and beliefs are the common opinions and beliefs amongst everyone else...False uniqueness--people underestimate how common their abilities and desirable attributes are. [Lee Ross' experiments] show that people have the tendency to judge how everyone else should make decisions based on how they, themselves, would make a decision [~self-serving biases], p. 273: "One of the most startling examples of the false consensus effect can be seen in the negative viewpoints found in fundamentalists and political radicals. While these people do not necessarily think that most people have their radical viewpoints and beliefs, they do overestimate the number of those that do, which further twists their perceptions of the world around them," and worst of all--p.240: The Rosenhan Experiments with pseudo-patients admitted to psychiatric hospitals--"according to Rosenhan, this 2nd study demonstrated that psychiatrists are unable to reliably differentiate between a sane person and an insane person...anything a patient does is then interpreted in relation to this psychiatric label" which the APA would find (in a very IMHO self-serving way) unethical because the experimenter lied to the subjects. Having taken several doctoral level Social Psychology courses at George Washington University, it seems to me that these hyper-ethical reactions would essentially preclude research into Social Psychology. As a scientist (retired physicist, electronics engineer, systems engineer, project engineer, etc.) , I must say that the dichotomous view of nature (the exclusive OR) is absurd--i.e. that either the ends justify the means or they don't. Both imply violations of the non-allness principle. The TRUTH is that virtually every decision is an ends-means decision and that sometimes the ends justify the means and sometimes they don't. The APA, IMHO should strive towards being more scientific and inclusive IMHO. Good judgment doesn't go out of style.

A must read book to cover the basics of Psychology for those hoping to refresh their memory from college psych or those who are new to psych!

I am half way through the book. Highlighting and taking notes all the way. It is so great to have an almost pocket sized book that shortens the major points of psychology. I've always loved psych and wanted to learn more but found it daunting. This book makes me feel as if I have all the psych knowledge in my hand and can answer any question with a few flips of the pages.

Gift to my granddaughter, she loved it! Helps with school.

This is exactly what I was needing as a supplement to my psychology class. It is very helpful.

On time, as expected.

Wonderful starter book for psychology majors or just those who want to get the basics of psychology under their belt. Easy and to the point. Very pleased with this purchase.

great for beginners and wonderful as a refresher....easy read..and quite informative...

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