



Psychology for Dummies

Adam Cash

[Download now](#)

[Read Online](#) 

Psychology for Dummies

Adam Cash

Psychology for Dummies Adam Cash **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.

Psychology for Dummies Details

Date : Published June 21st 2013 by For Dummies (first published May 24th 2002)

ISBN :

Author : Adam Cash

Format : Kindle Edition 387 pages

Genre : Psychology, Nonfiction, Reference

 [Download Psychology for Dummies ...pdf](#)

 [Read Online Psychology for Dummies ...pdf](#)

Download and Read Free Online Psychology for Dummies Adam Cash

From Reader Review Psychology for Dummies for online ebook

Assia Mohdeb says

« Tout le monde est concerné par la psychologie. Les êtres humains sont fascinants, y compris vous ! Ils défient souvent la logique et échappent à toute prédiction. Par conséquent, il est difficile de les cerner. Vous pensez avoir cerné quelqu'un et... pan ! il vous surprend. Certains d'entre nous se disent qu'ils ont une bonne capacité d'analyse et qu'ils ont les choses en main. Si c'est le cas, tant mieux ! Ils peuvent, en effet, comprendre les êtres humains de façon plus intuitive que les autres. Pour le reste d'entre nous, il y a la psychologie. » 4,80 ^^ .

M-Tear says

M-Tear got this book for Christmas from her parents, and she really did like this book. She learnt a lot about psychology that she didn't know before, and it was easy to understand.

In the future, M-Tear must definitely read more of the 'for Dummies' books. Forensic psychology, Criminology, maybe even Latin if there is one.

All in all, M-Tear would definitely recommend this book to anyone that is interested in psychology.

Nicole Neubert says

I really loved reading this book called Psychology For Dummies. It was a long book with lots of information about psychology, the different kinds of therapies, and some things about disabilities like ADHD, Autism, Alzheimer's and some other things that were in there too. I learned a lot by reading this book. I would definitely recommend this book to other people that would want to learn more about psychology and how the brain works. It was a very interesting book.

Aurélie says

Globalement : fouillis. Beaucoup beaucoup de listes (je ne sais pas vous, mais moi ça ne m'aide pas à focaliser mon attention et à retenir), conseils psycho sans grande profondeur, tentatives d'humour ratées, mentions "truc" et "à retenir" placées apparemment de manière aléatoire, ... Bof bof bof.

John says

A great introduction to psychology. Before reading this book I took a test to gauge how well I knew the subject. I didn't do very well. After reading and studying, I scored a 78 percent. While that may not be incredible, it's a testament to the level of knowledge to be found in this book. Oh, and I forgot to mention, this was in preparation for a college psychology class where I chose to read this book instead of the college

textbook. I saved money, didnt significantly better on the second exam and passed the class, just from reading this one book.

Tracey1001 says

A good introductory book which outlines the main theories/concepts of psychology. Content is good but at times a but more depth of explanation might have been useful. Cosmetically, I really don't like it - the organisation of the material is a bit haphazard & little in the way of illustrative diagrams (which might have helped supplement certain descriptions)

David Noble says

After reading Jayne's "The origin of consciousness in the breakdown of the bicameral mind" I wanted to get a better understanding of basic psychology. I've always found that the "for Dummies" books are an inexpensive, accessible and reasonably rounded introduction to many topics and this book is no exception. On the plus side it provided me with what I was after. On the negative side I found that in some of the more technical parts of the book Cash would introduce a subject, and then move on to the next topic, with no real exploration of the subject that had just been introduced. The "for Dummies" books also seem to include mandatory exposure to the the author's sense of humour. I guess that this is an attempt to keep the book more engaging, but in this case the lame sense of humour considerably detracted from the subject matter. Overall I felt it gave me a reasonable introduction to the subject, and so was worth the read.

Labeba Salameh says

I highlight many notes in this book, i need to recopy it and make some outline summary and i may come back here

Jessica says

Dear god, if only we would all pick up a book like this from time to time! Hah. Very interesting and humorous read on what makes us "tick" as human beings. Always fascinated by human behavior, I ravaged this book, and still pick it up from time to time to re-read over pertinent passages as I experience things in life. Good book to have around the house!

Ilze Folkmane says

It's perfect for a general introduction in the field, not to mention that it is also quite interesting. However, psychology being a soft science, I find it difficult to accept that there are so many possible therapies, so many probabilities, possibilities and theories. But that, of course, is not the book's fault.
+ Being a film lover, the last chapter was a treat for me - the author evaluates some films that involve psychological issues in terms of their being (or not being) scientifically correct.

Volodymyr says

Quite poorly written - doesn't keep you interested, gives a lot of definitions without showing good examples, etc. Not worth it.

Luba Moshcovich says

It is very very basic. The author sometimes gives confusing examples that seem to be irrelevant. Unless you've never heard about psychology this book does not add much to your knowledge. I give it 3 stars because it is written "fast food" style, I expected it to be a bit more developed.

Emmanuelle says

On aborde tellement de choses, et de manière tellement superficielle, qu'au final je ressors de cette lecture sans rien avoir appris. Dès que ça devient intéressant, on change de sujet. Le seul point positif, c'est de pouvoir décider quels livres lire ensuite en fonction de ce qui nous intéresse. Mais tout un livre juste pour ça, c'est une perte de temps.

This deals with so many subjects, in such a shallow way, that you have learnt nothing by the end of the book. Each time it gets interesting, the author moves on to the next topic, which is frustrating. In my opinion the only use for this book is to help you decide where to start studying psychology, but there are certainly less time-consuming ways to do so.

Charles Deguara says

I read this book to improve my understanding of human psychology specifically to help me improve myself as an author. I found the book to be interesting and quite a useful introduction to psychology. I am not a psychology graduate so I cannot evaluate the quality of the book in terms of accuracy etc but for anyone looking for a good introduction to psychology that is an interesting read; I would recommend this book.

Victor Da Silva says

(sorry if I write in english with some mistakes; my native language is spanish)[If you want to read only my opinion about the book, start in the underlined paragraph]

Since around 2011, when I started to really see all the areas I would love to develop and dedicate my entire life, I've looked up many areas on which I'd feel great with myself. One of those that my parents wanted me to be on was computer engineering, since I have a very good knowledge of that area, and my parents saw that it's giving a lot of money (or at least in my country right now). I liked it, but thinking that I was going to be sitting on a chair on a lot of my work in front of a screen most of the time, didn't quite get my full

attention.

Psychology, in the other hand, even though they say it doesn't make much money, if you live doing what you **really** like, makes your life and your time worth it. This is the area that I feel that I want to develop myself and will make my life worthwhile. I'm going to begin in March to study Psychology at a university and I couldn't be more happier with my choice.

Too much about me. This book, although Adam Cash (The author) tried to make some funny jokes or moments to make the book a little bit more worthwhile, didn't quite get to it. Nevertheless, this doesn't mean that all the information that contains this book has to be underrated for this small personal comment. It begins with the most basics of psychology, going through a small part explaining parts of the brain and the scientific studies that explains which parts correlates with some of our behaviors and emotions. From social psychology to the most recent form of psychology (positive psychology), it explains how each type of psychologies think about our emotions, behaviors, and ways to treat us, either placing the "blame" to biological factors or social factors. Observing how criminals develop their way of being themselves and taking part of the investigation to realize who could it be. Also, it talks about all of the clinical and abnormal types of disorders. There's just too much to say about the book, and it really is hard to explain because usually various points of view have analogies between them, but it really helps you to understand the most basics of psychology, so you can find yourself amongst all of the theories you can find and make one of your own.

Also, he talks about several books on some of the areas that you could dig in a little bit further if you find one of your likings, and in the very end, a selection of "classical" psychology movies recommended for you to see.

To put it shortly, it's a perfect book to start on the psychology area. If you're already in for quite a few years, some areas could be a bit boring to read if you already know about them. But hey, you can always go to the next chapter!
