



Psychology: A Complete Introduction: Teach Yourself (Paperback)

By Dr. Sandi Mann

Hodder Stoughton General Division, United Kingdom, 2016. Paperback. Book Condition: New. 198 x 130 mm. Language: English . Brand New Book. Written by Dr Sandi Mann, Senior Lecturer at the University of Central Lancashire, Psychology: A Complete Introduction is designed to give you everything you need to succeed, all in one place. It covers the key areas that students are expected to be confident in, outlining the basics in clear jargon-free English, and then providing added-value features like summaries of key experiments, and even lists of questions you might be asked in your seminar or exam. The book uses a structure that mirrors the way Psychology is taught on many university courses. Chapters include key topics in psychology research; cognitive issues, including language, emotion, memory and perception; individual differences - intelligence, personality and gender; social psychology; mental health and psychological disorders/abnormal psychology and the treatment of such; the nervous system; and sleep.



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