



PSYCHOLOGY AND YOU

An Informal Introduction

Julia Berryman,
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The new edition of this best-selling text includes three brand new chapters covering the brain, health psychology and careers in psychology; regular "methodology" boxes, aimed at opening up and demystifying this complex area; combination and re-ordering of topics to enable a smoother transition between chapters; more in-chapter exercises to illustrate or develop specific themes; additional examples from everyday life to give relevance to psychological research; more concise writing style and structure; improved design and additional illustrations; and fully referenced material listed by chapter at the end of the book.

This book is written by authors who all have extensive experience of teaching undergraduates and adult education/working learning students. They are also active in research in a variety of fields of psychology and have published widely. A lively, informative and accessible read, *Psychology and You* is unique in the way that it explains psychological concepts in relation to people's behaviour and their everyday lives, and as such is the perfect text for students new to psychology.

"This book is a superb introduction to the many-faceted subject of psychology, the most convincing I have come across. It manages to be informal, by adopting an engaging narrative, uncluttered by obfuscating technical jargon or redundant referencing. Not only is *Psychology and You* a mine of information about one of the world's most exciting disciplines, it is also great fun to read."

*Martin Herbert, Emeritus Professor,
University of Essex, UK*

"This is an excellent first encounter with the discipline of psychology. It provides an authoritative and well-written introduction to a range of topics, making them at once accessible to the novice while retaining the scientific basis of psychology."

Dr Tony Cassidy, De Montfort University, UK

Also available: Julia C. Berryman, Pamela K. Smythe, Ann Taylor, Alexandra Lamont, and Richard Jones, *Developmental Psychology and You, 2e* (Blackwell, 2002)

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