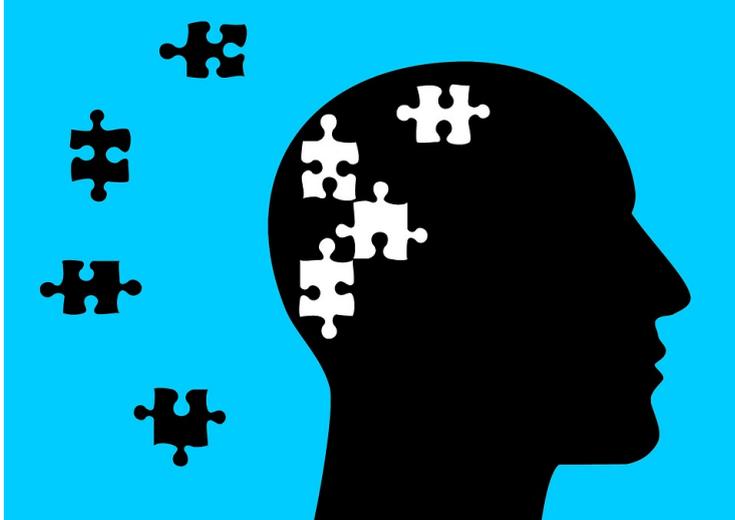


# Psychology Books For Everyone

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Shawn Sy | Sept 6, 2021



Learning Psychology is fun and interesting. It helps you understand why people act the way they do and can even help you improve your decision-making skills, manage stress, and live a healthy lifestyle. But, like any other subject, Psychology is not the easiest thing to understand, especially when you are still new to this area.

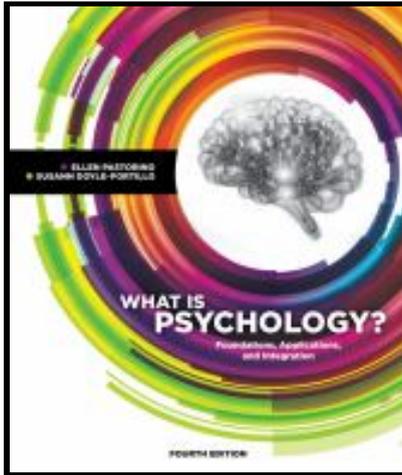
## What is Psychology?

Psychology, as stated in the Britannica Encyclopedia (2021), is a scientific discipline that studies the mind, processes, and behavior of human beings and other animals. Back in its earlier days, structuralism and functionalism were considered as the two dominant theoretical perspectives in the field. However, these perspectives were replaced by other several dominant and influential approaches through the years.

Basically, the main goal of Psychology is to describe the behavior and cognition of humans and animals, explain the reason for its occurrences, then predict and control their future behaviors.

## Recommended Books

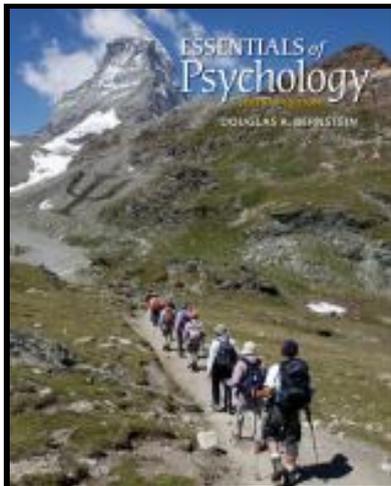
So, if you aspire to graduate with honors and earn a degree in Psychology or if you simply want to learn the subject as a hobby, then you're in luck for we've captured a few reference materials that will help you build a strong foundation about your knowledge in Psychology.



## **What is Psychology? : Foundations, Applications & Integration (Fourth Edition)**

By Ellen Pastorino and Susann Doyl-Portillo

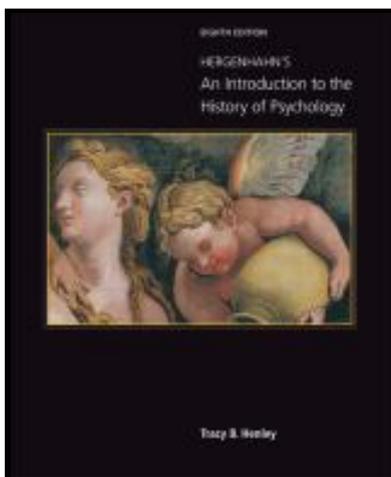
Informative, Interesting, and Fun; Pastorino and Doyl-Portillo did an excellent job in introducing the foundations, applications, and integration of Psychology. If you are new to the subject, this book will guide you in connecting personal stories to your lives and learn various psychological concepts that are applicable outside your classroom walls.



## **Essentials of Psychology (Seventh Edition)**

By Douglas A. Bernstein

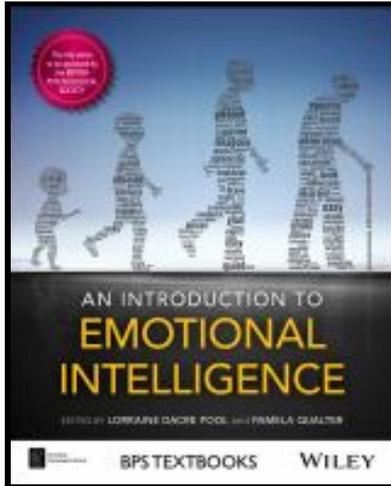
Concise and accessible, Bernstein's *Essentials of Psychology (7th Ed)* incorporates the latest research about the science of Psychology, which will encourage you to learn and master the material through active participation. Discover more information as you read through the biological aspects of psychology, human development, and other topics that are interrelated to the subject.



## **Hergenhahn's An Introduction to the History of Psychology (Eighth Edition)**

By Tracey B. Henley

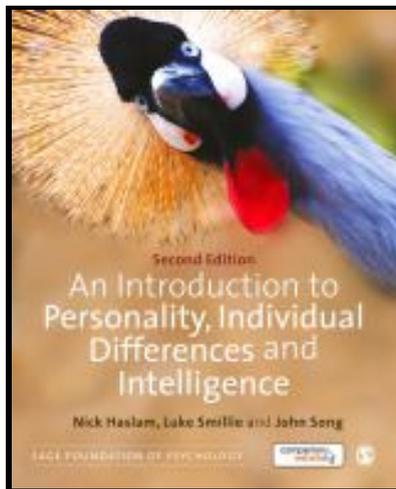
Grounded both from the original source material and contemporary scholarship, *Hergenhahn's An Introduction to the History of Psychology (8th Ed)* offers you a comprehensive, in-depth analysis of the history and origin of psychology, which further discusses its development in response to politics, modern culture, economics, and current events through a rich set of images and its reader-friendly tone.



## **An Introduction to Emotional Intelligence**

Edited By Lorraine Dacre Pool and Pamela Qualter

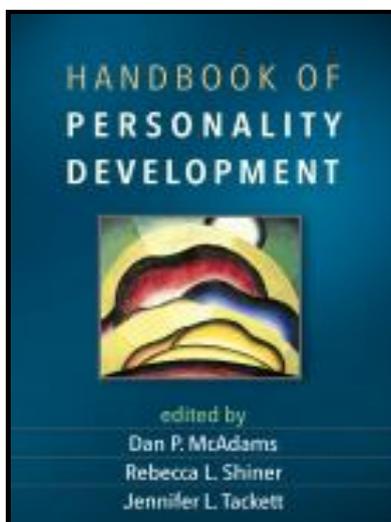
Emotional Intelligence (EI) is one of the topics that has captured the interest of many psychologists worldwide, as it is mostly concerned with how people perceive, identify, understand, and manages their emotions. This book will help you learn, understand, and experience the concepts and foundations of EI dating back to the early 20th century until the contemporary times.



## **An Introduction to Personality, Individual Differences and Intelligence (Second Edition)**

By Nick Haslam, Luke Smillie, and John Song

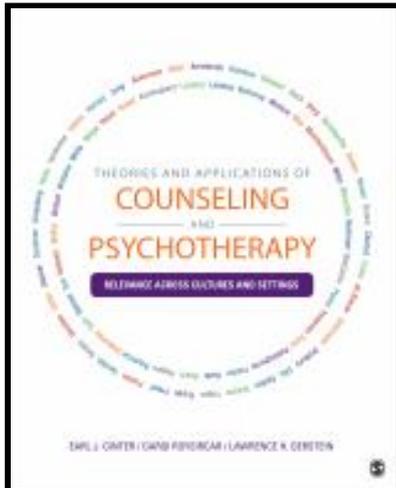
In its second edition, Haslam's *An Introduction to Personality, Individual Differences and Intelligence (2nd Ed)* provides a superb introduction about personality, intelligence, and individual differences. What's more? It explores a panoramic coverage of neurobiological, genetic, and evolutionary foundations of personality, emotions, motivations, and personality processes, giving you a better glimpse of the topic.



## **Handbook of Personality Development**

Edited By Dan P. McAdams, Rebecca L. Shiner, and Jennifer L. Tackett

If your dream is to become a personality psychologist then, this book is just for you! Insightful, ambitious, and diverse; *Handbook of Personality Development* captures the nuances of modern personality concepts that define the processes and theories involved to develop and enhance one's confidence and self-esteem. Therefore, improving your knowledge and understanding of personality psychology.



## **Theories and Applications of Counseling and Psychotherapy: Relevance Across Cultures and Settings**

By Earl J. Ginter, Gargu Roysircar, and Lawrence H. Gerstein

*Theories and Applications of Counseling and Psychotherapy* by Ginter, Roysircar, and Gerstein will provide you with the foundational knowledge you need to implement various therapeutic approaches for both individual and family counseling sessions. Plus, it contains vibrant illustrations and other relevant examples taken from movies, TV shows, and news articles that are highly relatable on your end.

### **Final Thoughts**

Unlike before, we live in a world that requires experts that understands the human mind to help us connect and maintain a healthy relationship with ourselves and other people. What's more, there are multiple paths you can take to become a professional in the field. For one, you can specialize in behavior therapy, cognitive therapy, or humanistic therapy. Who knows what you can achieve if you work hard.

So, never stop studying and keep challenging yourself. If you want, the library is always open for you to visit and borrow books. We are available every Monday to Friday from 8:00 AM to 5:00 PM and Saturdays from 8:00 AM to 12:00 NN. And, if you cannot come personally, feel free to contact your librarians and we will scan and deliver your book chapter request via email.

#### **REFERENCES**

Mischel, W. (2021). Psychology. *Britannica Encyclopedia*. Retrieved from <https://www.britannica.com/science/psychology>