

Discovering Psychology The Science Mind

In *Psychology: The Science of Person, Mind, and Brain*, experienced teacher, researcher, and author Daniel Cervone provides students with a new and exciting way of understanding psychology. Cervone organizes material around three levels of analysis -- person, mind, and brain -- and employs a person-first format that consistently introduces topics at the person level: theory and research on the lives of people in sociocultural contexts. Students are able to make sense of the latest research through what they understand best: people. With fellow teacher and researcher Tracy Caldwell, Cervone has conceived a text beyond the print experience from the ground up, integrating online immersive research experiences and assessment tools that capitalize on research findings on pedagogy and student learning (e.g., the testing effect). Pedagogical Author, Tracy L. Caldwell Working closely with Daniel Cervone, fellow teacher and researcher Tracy Caldwell of Dominican University developed the book's pedagogical program from the Preview Questions at the beginning of each section to the Self-Tests at the end of each chapter. The pedagogy is designed to engage students at multiple levels of Bloom's taxonomy and at multiple points in each chapter.

Astrophysicist and author Mario Livio investigates perhaps the most human of all our characteristics—curiosity—in this “lively, expert, and definitely not dumbed-down account” (Kirkus Reviews) as he explores our innate desire to know why. Experiments demonstrate that people are more distracted when they overhear a phone conversation—where they can know only one side of the dialogue—than when they overhear two people talking and know both sides. Why does half a conversation make us more curious than a whole conversation? “Have you ever wondered why we wonder why? Mario Livio has, and he takes you on a fascinating quest to understand the origin and mechanisms of our curiosity. I thoroughly recommend it.” (Adam Riess, Nobel Prize Winner in Physics, 2011). Curiosity is not only at the heart of mystery and suspense novels, it is also essential to other creative endeavors, from painting to sculpture to music. It is the principal driver of basic scientific research. Even so, there is still no definitive scientific consensus about why we humans are so curious, or about the mechanisms in our brain that are responsible for curiosity. In the ever-fascinating *Why?* Livio interviewed scientists in several fields to explore the nature of curiosity. He examined the lives of two of history's most curious geniuses, Leonardo da Vinci and Richard Feynman. He also talked to people with boundless curiosity: a superstar rock guitarist who is also an astrophysicist; an astronaut with degrees in computer science, biology, literature, and medicine. What drives these people to be curious about so many subjects? An astrophysicist who has written about mathematics, biology, and now psychology and neuroscience, Livio has firsthand knowledge of his subject which he explores in a lucid, entertaining way that will captivate anyone who is curious about curiosity.

Renowned psychologists describe the five most useful insights from social psychology that will help make you “wise”: wise about why we behave the way we do, and wise about how to use that knowledge to understand others and change ourselves for the better. When faced with a challenge, we often turn to those we trust for words of wisdom. Friends, relatives, and colleagues: someone with the best advice about how to boost sales, the most useful insights into raising children, or the sharpest take on a political issue. In *The Wisest One in the Room*, renowned social psychologists Thomas Gilovich and Lee Ross ask: Why? What do these people know? What are the foundations of their wisdom? And, as professors and researchers who specialize in the study of human behavior, they wonder: What general principles of human psychology are they drawing on to reach these conclusions? They find that wisdom, unlike intelligence, demands some insight into people—their hopes, fears, passions, and drives. It's true for the executive running a Fortune 500 company, the candidate seeking public office, the artist trying to create work that will speak to the ages, or the single parent trying to get a child

through the tumultuous adolescent years. To be wise, they discover, one must be psych-wise when dealing with everyday challenges. In *The Wisest One in the Room* Gilovich and Ross show that to answer any kind of behavioral question, it is essential to understand the details—especially the hidden and subtle details—of the situational forces acting upon us. Understanding these forces is the key to becoming wiser in the way we understand the people and events we encounter, and wiser in the way we deal with the challenges that are sure to come our way. With the lessons gleaned here, you can learn the key to becoming “the wisest one in the room.”

Written by two teachers and a science journalist, *Presenting Psychology* introduces the basics to psychology through magazine-style profiles and video interviews of real people, whose stories provide compelling contexts for the field’s key ideas.

In this innovative approach to the introductory course, John Cacioppo and Laura Freberg present psychology as a multidisciplinary, integrative science that is relevant for students of all majors. In *DISCOVERING PSYCHOLOGY*, 3rd Edition, the authors use a familiar chapter structure to provide an easy roadmap for the course, while highlighting connections within psychology as well as between psychology and other disciplines. The writing and features are smart and engaging, and consistently illustrate the benefit of using multiple perspectives within psychology. Cacioppo and Freberg offer the best science possible, including exciting new research findings likely to expand students’ understanding of psychology as a scientific field of study. Features and images coordinate with and enhance the text, providing additional opportunities for critical thinking and connecting ideas. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

In this fresh new offering to the Intro Psychology course, authors John Cacioppo and Laura Freberg portray psychology as being an integrative science in two ways. First, they have written a text that reflects psychology’s rightful place as a hub science that draws from and is cited by research in many other fields. Second, this text presents psychology as a unified science that seeks a complete understanding of the human mind, rather than as a loosely organized set of autonomous subspecialties. As psychology moves rapidly toward maturity as an integrative, multidisciplinary field, the introductory course offers an opportunity to teach all of psychology in one place and at one time. This text reflects that evolution--and the authors’ excitement about it. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Cognitive Psychology: Applying the Science of the Mind combines clear yet rigorous descriptions of key empirical findings and theoretical principles with frequent real-world examples, strong learning pedagogy, and a straightforward organization. For undergraduate courses in cognitive psychology. Engagingly written, the text weaves five empirical threads - embodied cognition, metacognition, culture, evolution, and emotion -- throughout the text to help students integrate the material. The text’s organization offers an intuitive description of cognition that enhances student understanding by organizing chapters around the flow of a piece of information that enters the cognitive system.

In this innovative approach to the Intro Psychology course, authors John Cacioppo and Laura Freberg present psychology as an integrative science that is highly relevant for students of all majors. The authors have kept a familiar chapter structure, providing an easy roadmap for the introductory psychology course, but the similarities with other approaches to introductory psychology end there. Integration extends in two directions, highlighting connections within psychology as well as between psychology and other disciplines. The writing and features are smart and engaging, and consistently illustrate the benefit of using multiple perspectives within psychology. Cacioppo and Freberg

offer the best science possible, including exciting new research findings likely to expand students' understanding of psychology as a scientific field of study. Features and images coordinate with and enhance the text, providing many additional opportunities for critical thinking and connecting ideas. Psychology is evolving into an integrative, multidisciplinary field, and this text offers an opportunity to teach all of psychology in one place and at one time. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The brain is a fearsomely complex information-processing environment--one that often eludes our ability to understand it. At any given time, the brain is collecting, filtering, and analyzing information and, in response, performing countless intricate processes, some of which are automatic, some voluntary, some conscious, and some unconscious. Cognitive neuroscience is one of the ways we have to understand the workings of our minds. It's the study of the brain biology behind our mental functions: a collection of methods--like brain scanning and computational modeling--combined with a way of looking at psychological phenomena and discovering where, why, and how the brain makes them happen. Want to know more? Mind Hacks is a collection of probes into the moment-by-moment works of the brain. Using cognitive neuroscience, these experiments, tricks, and tips related to vision, motor skills, attention, cognition, subliminal perception, and more throw light on how the human brain works. Each hack examines specific operations of the brain. By seeing how the brain responds, we pick up clues about the architecture and design of the brain, learning a little bit more about how the brain is put together. Mind Hacks begins your exploration of the mind with a look inside the brain itself, using hacks such as "Transcranial Magnetic Stimulation: Turn On and Off Bits of the Brain" and "Tour the Cortex and the Four Lobes." Also among the 100 hacks in this book, you'll find: Release Eye Fixations for Faster Reactions See Movement When All is Still Feel the Presence and Loss of Attention Detect Sounds on the Margins of Certainty Mold Your Body Schema Test Your Handedness See a Person in Moving Lights Make Events Understandable as Cause-and-Effect Boost Memory by Using Context Understand Detail and the Limits of Attention Steven Johnson, author of "Mind Wide Open" writes in his foreword to the book, "These hacks amaze because they reveal the brain's hidden logic; they shed light on the cheats and shortcuts and latent assumptions our brains make about the world." If you want to know more about what's going on in your head, then Mind Hacks is the key--let yourself play with the interface between you and the world.

This book examines human psychology and behavior through the lens of modern evolutionary psychology. *Evolutionary Psychology: The New Science of the Mind*, 5/e provides students with the conceptual tools of evolutionary psychology, and applies them to empirical research on the human mind. Content topics are logically arrayed, starting with challenges of survival, mating, parenting, and kinship; and then progressing to challenges of group living, including cooperation, aggression, sexual conflict, and status, prestige, and social hierarchies. Students gain a deep understanding of applying evolutionary psychology to their own lives and all the people they interact with.

Cognitive science arose in the 1950s when it became apparent that a number of disciplines, including psychology, computer science, linguistics, and philosophy, were fragmenting. Perhaps owing to the field's immediate origins in cybernetics, as well as to

the foundational assumption that cognition is information processing, cognitive science initially seemed more unified than psychology. However, as a result of differing interpretations of the foundational assumption and dramatically divergent views of the meaning of the term information processing, three separate schools emerged: classical cognitive science, connectionist cognitive science, and embodied cognitive science. Examples, cases, and research findings taken from the wide range of phenomena studied by cognitive scientists effectively explain and explore the relationship among the three perspectives. Intended to introduce both graduate and senior undergraduate students to the foundations of cognitive science, *Mind, Body, World* addresses a number of questions currently being asked by those practicing in the field: What are the core assumptions of the three different schools? What are the relationships between these different sets of core assumptions? Is there only one cognitive science, or are there many different cognitive sciences? Giving the schools equal treatment and displaying a broad and deep understanding of the field, Dawson highlights the fundamental tensions and lines of fragmentation that exist among the schools and provides a refreshing and unifying framework for students of cognitive science.

Michael R. W. Dawson is a professor of psychology at the University of Alberta. He is the author of numerous scientific papers as well as the books *Understanding Cognitive Science* (1998), *Minds and Machines* (2004), *Connectionism: A Hands-on Approach* (2005), and *From Bricks to Brains: The Embodied Cognitive Science of LEGO Robots* (2010). First released in the Spring of 1999, *How People Learn* has been expanded to show how the theories and insights from the original book can translate into actions and practice, now making a real connection between classroom activities and learning behavior. This edition includes far-reaching suggestions for research that could increase the impact that classroom teaching has on actual learning. Like the original edition, this book offers exciting new research about the mind and the brain that provides answers to a number of compelling questions. When do infants begin to learn? How do experts learn and how is this different from non-experts? What can teachers and schools do—with curricula, classroom settings, and teaching methods—to help children learn most effectively? New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb. *How People Learn* examines these findings and their implications for what we teach, how we teach it, and how we assess what our children learn. The book uses exemplary teaching to illustrate how approaches based on what we now know result in in-depth learning. This new knowledge calls into question concepts and practices firmly entrenched in our current education system. Topics include: How learning actually changes the physical structure of the brain. How existing knowledge affects what people notice and how they learn. What the thought processes of experts tell us about how to teach. The amazing learning potential of infants. The relationship of classroom learning and everyday settings of community and workplace. Learning needs and opportunities for teachers. A realistic look at the role of technology in education.

Self-care involves taking action to support, protect or maintain wellbeing. Relationships have a significant influence on these acts of self-care and one's sense of wellbeing. Relationships are fundamental to individual meaning-making and crucial to the world of academia. In this edited collection, authors navigate how they view relationships as a

crucial part of their wellbeing and acts of self-care, exploring the "I", "We", and "Us" at the centre of self-care and wellbeing embodiment. Each chapter unpacks this idea in varying ways that demonstrate that relationships are a fundamental element of both work and personal life and how they intersect with wellbeing. The authors present critical discussion through visual narratives, lived experiences, and strategies that highlight how relationships, seeking social support, scaffolding opportunities to learn with and from each other, and changes in practise become acts of self-care individually and collectively. There has arguably never been a more important time to raise awareness of self-care and wellbeing as central to the nature of work in higher education. *Healthy Relationships in Higher Education: Promoting Wellbeing Across Academia* highlights new ways of working in higher education that disrupt current tensions that neglect wellbeing and will be of interest to anyone working in this environment.

The brain ... There is no other part of the human anatomy that is so intriguing. How does it develop and function and why does it sometimes, tragically, degenerate? The answers are complex. In *Discovering the Brain*, science writer Sandra Ackerman cuts through the complexity to bring this vital topic to the public. The 1990s were declared the "Decade of the Brain" by former President Bush, and the neuroscience community responded with a host of new investigations and conferences. *Discovering the Brain* is based on the Institute of Medicine conference, *Decade of the Brain: Frontiers in Neuroscience and Brain Research*. *Discovering the Brain* is a "field guide" to the brain--an easy-to-read discussion of the brain's physical structure and where functions such as language and music appreciation lie. Ackerman examines How electrical and chemical signals are conveyed in the brain. The mechanisms by which we see, hear, think, and pay attention--and how a "gut feeling" actually originates in the brain. Learning and memory retention, including parallels to computer memory and what they might tell us about our own mental capacity. Development of the brain throughout the life span, with a look at the aging brain. Ackerman provides an enlightening chapter on the connection between the brain's physical condition and various mental disorders and notes what progress can realistically be made toward the prevention and treatment of stroke and other ailments. Finally, she explores the potential for major advances during the "Decade of the Brain," with a look at medical imaging techniques--what various technologies can and cannot tell us--and how the public and private sectors can contribute to continued advances in neuroscience. This highly readable volume will provide the public and policymakers--and many scientists as well--with a helpful guide to understanding the many discoveries that are sure to be announced throughout the "Decade of the Brain."

A fascinating look at the evolution of behavioral science, the revolutionary way it's changing the way we live, and how nurturing environments can increase people's wellbeing in virtually every aspect of our society, from early childhood education to corporate practices. If you want to know how you can help create a better world, read this book. What if there were a way to prevent criminal behavior, mental illness, drug abuse, poverty, and violence? Written by behavioral scientist Tony Biglan, and based on his ongoing research at the Oregon Research Institute, *The Nurture Effect* offers evidence-based interventions that can prevent many of the psychological and behavioral problems that plague our society. For decades, behavioral scientists have

investigated the role our environment plays in shaping who we are, and their research shows that we now have the power within our own hands to reduce violence, improve cognitive development in our children, increase levels of education and income, and even prevent future criminal behaviors. By cultivating a positive environment in all aspects of society—from the home, to the classroom, and beyond—we can ensure that young people arrive at adulthood with the skills, interests, assets, and habits needed to live healthy, happy, and productive lives. The Nurture Effect details over forty years of research in the behavioral sciences, as well as the author's own research. Biglan illustrates how his findings lay the framework for a model of societal change that has the potential to reverberate through all environments within society.

This introduction to the science of psychology for young readers features chapters on the brain, personality, intelligence, emotions, social relationships, and more. With colorful illustrations of psychology's big ideas, features explaining classic studies, and lots of hands-on experiments to try at home, there's no better way to dive into the fascinating science of the mind.

Learn all about the history of psychology, the theories that shaped society and the experiments that changed the world - with biographies of the most influential psychologists of our times and insight into fascinating psychological phenomena, such as the Freudian Slip and False Memory. Find out how you can use psychology to feel happier, manage anger, tell when someone is lying, encourage someone to stop smoking, improve your memory and much more. This extensive guide is perfect for anyone who wants to understand the inner workings of the human mind.

A comprehensive, eye-opening exploration of what dreams are, where they come from, what they mean, and why we have them. Questions on the origins and meaning of dreams are as old as humankind, and as confounding and exciting today as when nineteenth-century scientists first attempted to unravel them. Why do we dream? Do dreams hold psychological meaning or are they merely the reflection of random brain activity? What purpose do dreams serve? When Brains Dream addresses these core questions about dreams while illuminating the most up-to-date science in the field. Written by two world-renowned sleep and dream researchers, it debunks common myths—that we only dream in REM sleep, for example—while acknowledging the mysteries that persist around both the science and experience of dreaming. Antonio Zadra and Robert Stickgold bring together state-of-the-art neuroscientific ideas and findings to propose a new and innovative model of dream function called NEXTUP—Network Exploration to Understand Possibilities. By detailing this model's workings, they help readers understand key features of several types of dreams, from prophetic dreams to nightmares and lucid dreams. When Brains Dream reveals recent discoveries about the sleeping brain and the many ways in which dreams are psychologically, and neurologically, meaningful experiences; explores a host of dream-related disorders; and explains how dreams can facilitate creativity and be a source of personal insight. Making an eloquent and engaging case for why the human brain needs to dream, When Brains Dream offers compelling answers to age-old questions about the mysteries of sleep.

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optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompanys: 9780618185504 .

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“Pollan keeps you turning the pages . . . cleareyed and assured.” —New York Times A #1 New York Times Bestseller, New York Times Book Review 10 Best Books of 2018, and New York Times Notable Book A brilliant and brave investigation into the medical and scientific revolution taking place around psychedelic drugs--and the spellbinding story of his own life-changing psychedelic experiences When Michael Pollan set out to research how LSD and psilocybin (the active ingredient in magic mushrooms) are being used to provide relief to people suffering from difficult-to-treat conditions such as depression, addiction and anxiety, he did not intend to write what is undoubtedly his most personal book. But upon discovering how these remarkable substances are improving the lives not only of the mentally ill but also of healthy people coming to grips with the challenges of everyday life, he decided to explore the landscape of the mind in the first person as well as the third. Thus began a singular adventure into various altered states of consciousness, along with a dive deep into both the latest brain science and the thriving underground community of psychedelic therapists. Pollan sifts the historical record to separate the truth about these mysterious drugs from the myths that have surrounded them since the 1960s, when a handful of psychedelic evangelists inadvertently catalyzed a powerful backlash against what was then a promising field of research. A unique and elegant blend of science, memoir, travel writing, history, and medicine, *How to Change Your Mind* is a triumph of participatory journalism. By turns dazzling and edifying, it is the gripping account of a journey to an exciting and unexpected new frontier in our understanding of the mind, the self, and our place in the world. The true subject of Pollan's "mental travelogue" is not just psychedelic drugs but also the eternal puzzle of human consciousness and how, in a world that offers us both suffering and joy, we can do our best to be fully present and find meaning in our lives. Drawing on current research in anthropology, cognitive psychology, neuroscience, and the humanities, *Understanding the Human Mind* explores how and why we, as humans, find it so easy to believe we are right—even when we are outright wrong. Humans live out their own lives effectively trapped in their own mind and, despite being exceptional survivors and a highly social species, our inner mental world is often misaligned with reality. In order to understand why, John Edward Terrell and Gabriel Stowe Terrell suggest current dual-process models of the mind overlook our mind's most decisive and unpredictable mode: creativity. Using a three-dimensional model of the mind, the authors examine the human struggle to stay in touch with reality—how we succeed, how we fail, and how winning this struggle is key to our survival in an age of mounting social problems of our own making. Using news stories of logic-defying behavior, analogies to famous fictitious characters, and analysis of evolutionary and cognitive psychology theory, this fascinating account of how the mind works is a must-read for all interested in anthropology and cognitive psychology.

More than any other introductory psychology textbook, the Hockenburys' brief book presents the discipline with a unique understanding of today's students--emphasizing its relevance and immediate impact on their lives. Without sacrificing science, the authors draw on personal

experiences and anecdotes to illustrate essential concepts and important research direction. The "Fourth Edition" incorporates hundreds of new research studies throughout, with particular attention to areas of intensive current research and enduring student interest, including neuroscience, lifespan development, memory, and gender and culture issues. Also new is the dramatically enhanced media and supplements package, offering more ways than ever to help students make the study of psychology a part of their world.

Drawing from groundbreaking research, psychologist and award-winning teacher Kelly McGonigal, PhD, offers a surprising new view of stress—one that reveals the upside of stress, and shows us exactly how to capitalize on its benefits. You hear it all the time: stress causes heart disease; stress causes insomnia; stress is bad for you! But what if changing how you think about stress could make you happier, healthier, and better able to reach your goals? Combining exciting new research on resilience and mindset, Kelly McGonigal, PhD, proves that undergoing stress is not bad for you; it is undergoing stress while believing that stress is bad for you that makes it harmful. In fact, stress has many benefits, from giving us greater focus and energy, to strengthening our personal relationships. McGonigal shows readers how to cultivate a mindset that embraces stress, and activate the brain's natural ability to learn from challenging experiences. Both practical and life-changing, *The Upside of Stress* is not a guide to getting rid of stress, but a toolkit for getting better at it—by understanding, accepting, and leveraging it to your advantage.

In this book, Gregory Feist reviews and consolidates the scattered literatures on the psychology of science, then calls for the establishment of the field as a unique discipline. He offers the most comprehensive perspective yet on how science came to be possible in our species and on the important role of psychological forces in an individual's development of scientific interest, talent, and creativity. Without a psychological perspective, Feist argues, we cannot fully understand the development of scientific thinking or scientific genius. The author explores the major subdisciplines within psychology as well as allied areas, including biological neuroscience and developmental, cognitive, personality, and social psychology, to show how each sheds light on how scientific thinking, interest, and talent arise. He assesses which elements of scientific thinking have their origin in evolved mental mechanisms and considers how humans may have developed the highly sophisticated scientific fields we know today. In his fascinating and authoritative book, Feist deals thoughtfully with the mysteries of the human mind and convincingly argues that the creation of the psychology of science as a distinct discipline is essential to deeper understanding of human thought processes.

This book provides a broad introduction to the scientific and psychological study of music, exploring how music is processed by our brains, affects us emotionally, shapes our personal and cultural identities, and can be used in therapeutic and educational contexts. Why are some people tone deaf and others musical savants? What do our musical preferences say about our personality and the culture in which we were raised? Why do certain songs remind us so strongly of particular people, places, or events? How can music be therapeutically used to help those with autism, Parkinson's, and other medical conditions? *The Science and Psychology of Music: From Beethoven at the Office to Beyoncé at the Gym* answers these and other questions. This book provides a broad and accessible introduction to the fascinating field of music psychology. Despite its name, music psychology includes a number of fields, including neuroscience, psychology, social psychology, sociology, and health. Through a collection of thematically organized chapters, readers will discover how our brains recognize elements of music, how music can affect us and shape our identities, and the many real-world applications for such information. Explores a topic that is of great interest to both psychology students and the general public through accessible and engaging content Provides a conceptual framework for readers and through a multi-part format allows them to focus their attention on their particular areas of interest Furthers readers' understanding of how music can affect our

wellbeing as it includes both our physical and psychological health Reflects the subject knowledge of contributing experts in a wide variety of academic disciplines

Discovering the Scientist Within is the only book on the market that teaches students about research methods using a case study approach. All the design-focused chapters present students with a single study described from start to finish. Chapters start by asking students to consider a scenario and then walks them through the steps of the study: formulating a research question, performing a literature review, constructing a data collection method, considering ethics, refining the method, gathering data, understanding and reporting the statistical results. Students come away with a practical understanding of the research process and useful practice in the basic steps that comprise all studies. The book can also be purchased with the breakthrough online resource, LaunchPad, which offers innovative media content, curated and organised for easy assignability. LaunchPad's intuitive interface presents quizzing, flashcards, animations and much more to make learning actively engaging.

We Listened. You Want Science. You Want a Modern Framework. You Want an Easy Prep. You Want Passer/Smith. WE LISTENED: During the development of Passer/Smith, McGraw-Hill employees observed more than 150 hours of Introductory Psychology classes, hosted three national symposia, and commissioned and read over 200 reviews. From that, WE LEARNED: • You want to demonstrate to your students that Psychology is a science. Passer's Research Close-Ups in each chapter provide an inside look at research studies in a scientific journal format. • You want a framework that will help students tie all of the disparate concepts together and see the field of psychology in a modern way. Passer/Smith's Levels of Analysis feature does just that, by consistently showing the biological, psychological, and environmental causes of behavior. • You want all of your resources in one place so you can quickly and easily prep for each lecture. McGraw-Hill's PrepCenter provides all of our instructor resources in an easy-to-use, online site. The bottom line is that if you use Passer/Smith, you'll teach a dynamic, modern course with an organizing framework that reflects psychology as a science and that is easier to prep for than your present course.

A brilliant inquiry into the origins of human nature from the author of *Rationality, The Better Angels of Our Nature, and Enlightenment Now*. "Sweeping, erudite, sharply argued, and fun to read..also highly persuasive." --Time Updated with a new afterword One of the world's leading experts on language and the mind explores the idea of human nature and its moral, emotional, and political colorings. With characteristic wit, lucidity, and insight, Pinker argues that the dogma that the mind has no innate traits—a doctrine held by many intellectuals during the past century—denies our common humanity and our individual preferences, replaces objective analyses of social problems with feel-good slogans, and distorts our understanding of politics, violence, parenting, and the arts. Injecting calm and rationality into debates that are notorious for ax-grinding and mud-slinging, Pinker shows the importance of an honest acknowledgment of human nature based on science and common sense.

A New York Times Editors' Choice A bold new book reveals how we can tap the intelligence that exists beyond our brains—in our bodies, our surroundings, and our relationships Use your head. That's what we tell ourselves when facing a tricky problem or a difficult project. But a growing body of research indicates that we've got it exactly backwards. What we need to do, says acclaimed science writer Annie Murphy Paul, is think outside the brain. A host of "extra-neural" resources—the feelings and movements of our bodies, the physical spaces in

which we learn and work, and the minds of those around us— can help us focus more intently, comprehend more deeply, and create more imaginatively. The *Extended Mind* outlines the research behind this exciting new vision of human ability, exploring the findings of neuroscientists, cognitive scientists, psychologists, and examining the practices of educators, managers, and leaders who are already reaping the benefits of thinking outside the brain. She excavates the untold history of how artists, scientists, and authors—from Jackson Pollock to Jonas Salk to Robert Caro—have used mental extensions to solve problems, make discoveries, and create new works. In the tradition of Howard Gardner's *Frames of Mind* or Daniel Goleman's *Emotional Intelligence*, *The Extended Mind* offers a dramatic new view of how our minds work, full of practical advice on how we can all think better.

With its comprehensive, authoritative coverage and student-centered pedagogy, *DISCOVERING BEHAVIORAL NEUROSCIENCE: AN INTRODUCTION TO BIOLOGICAL PSYCHOLOGY*, 3rd Edition is ideal for a broad range of students taking a beginning undergraduate course in biological or physiological psychology. Retitled in this edition to reflect the increasing interest in, and importance of, neuroscience, the book provides a foundational understanding of the structure and function of the nervous system and its relationship to both typical and disordered human behavior. Written by an author with more than 30 years of teaching experience at schools ranging from community colleges to the Ivy League, this text presents classic concepts, current topics, and cutting-edge research in a style that is both accessible to beginning and less-prepared students and appealing to students with stronger backgrounds. As a result, the book allows instructors to teach a rigorous course that does not oversimplify the material, while keeping students excited and engaged. Reviewers have praised the text's clear narrative, high-interest examples, pedagogy, and purposeful art program. Updated with hundreds of new citations and to reflect changes in the DSM-5, this edition also includes new boxed features on ethics, careers, research, and health to engage students in the material, promote critical thinking, and prepare students for their future professions. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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