



# Psychology: A Very Short Introduction (Very Short Introductions)

*Gillian Butler, Freda McManus*

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Psychology is part of everyone's experience: It influences the way we think about everything from education and intelligence, to relationships and emotions, advertising and criminality. People readily behave as amateur psychologists, offering explanations for what people think, feel, and do. But what exactly are psychologists trying to do? What scientific grounding do they have for their approach? This book provides an understanding of some of psychology's leading ideas and their practical relevance, making it a stimulating introduction for anyone interested in understanding the human mind.

The accompanying reference guide is included as a PDF on this disc.

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