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‘disarmingly appealing to the deep desire to know ourselves’ and ‘frighteningly up-to-date’ and praised its tone of ‘wonder but also healthy scepticism’.

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"The Rough Guide to Psychology" looks at the question psychologists have been asking for over a hundred years - why are we the way we are? It starts with you, your mind and brain, broadening out to look at your friends and other relationships, then finally on to crowds, mobs and religion. It explores the latest research relevant to crime, schooling, sport, politics, shopping and health, and ...

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The Rough Guide to Psychology looks at the question psychologists have been asking for hundreds of years - why are we the way we are? It starts with you, your mind and brain, broadening out to look at your friends and other relationships, then finally on to crowds, mobs and religion. It explores the latest research relevant to crime, schooling, sport, politics, shopping and health, and what happens when the mind goes wrong, including depression, anxiety, schizophrenia, and more unusual conditions. The Rough Guide to Psychology includes fascinating information on real-life psychology, testing your memory, intelligence, personality and

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much more, with advice on everything from chat-up lines to developing your creativity. The Rough Guide to Psychology is your ultimate guide to this fascinating subject.

How does memory work? Are we addicted to television? What is Alzheimer's Disease? Can machines read our minds? The human brain, with all its inherent complexity, has taken on near mythical status. Its 100 billion nerve cells, forged by nature and refined over millions of years, allow humans the capacity to survive, create culture, love. Once an impenetrable grey mass, modern science is getting to grips with our brains at an unprecedented rate. We are moving from a time of anatomy, in which science did well to characterise the various regions of the brain, to a time in which we can observe thought processes in real time. We have entered a neural renaissance. The Rough Guide to the Brain is for anyone who's ever wanted to know more about how their brain and mind works - and what goes wrong when it doesn't. From how we evolved such an impressive organ to how it achieves the feat that is you. Including numerous insights from leaders in their fields, there's no better way to stimulate your grey matter.

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From cognitive neuroscientist Dr. Christian Jarrett, a fascinating book exploring the science of personality and how we can change ourselves for the better. What if you could exploit the plasticity of personality to change yourself in specific ways? Would you choose to become less neurotic? More self-disciplined? Less shy? Until now, we've been told that we're stuck with the personality we were born with: The introvert will never break out of their shell, the narcissist will be forever trapped gazing into the mirror. In *Be Who You Want*, Dr. Christian Jarrett takes us on a thrilling journey, as he not only explores the ways that life changes us, but shows how we can deliberately shape our personalities to influence the course of our lives. Dr. Jarrett draws on the latest research to provide evidence-based ways to change each of the main five personality traits, including how to become more emotionally stable, extraverted, and open-minded. Dr. Jarrett features compelling stories of people who have achieved profound personality change such as a gang-leader turned youth role model, a drug addict turned ultra-runner, and a cripplingly shy teenager turned Hollywood mega-star. He also delves into the upsides of the so-called Dark Triad of personality traits—narcissism, Machiavellianism, and psychopathy—and how we might exploit their advantages without ourselves going over to the dark side. Filled with quizzes and interactive exercises to

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help us better understand the various aspects of our personalities, life stories, and passions, *Be Who You Want* will appeal to anyone who has ever felt constrained by how they've been characterized and wants to pursue lasting change.

The *Rough Guide to True Crime* is the complete compilation of crime's most notorious villains, heinous acts and shocking misdemeanors. The *Rough Guide to True Crime* in a new ePub format provides an unusually wide coverage of crime's most appalling occurrences; combining in-depth accounts of the most infamous to the lesser known crimes, from conmen to cyber crime, with 'at-a-glance' fact files throughout. From the Moors murders and Harold Shipman, to the murder of Tupac, this guide illuminates the psychology in play behind the most intriguing crimes in history, from the absurd to the appalling. Written by award-winning journalist and author Cathy Scott, the book features extensive black and white still photographs and profile boxes by forensic expert Professor Louis B. Schlesinger explaining the psychology of serial killers, hit men, burglars and various types of murderers. Lesser violations provide a lighter touch, including Paris Hilton's traffic transgressions and Winona Ryder's shoplifting fetish. The *Rough Guide to True Crime* explores the best of the haunting genre of True Crime, thrilling the armchair voyeur and

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amateur criminologist alike.

Don't worry, be happy....find out how! What is happiness? And how can we achieve it? The Rough Guide to Happiness is the ultimate 'how to be happy' handbook. Discover how to effectively improve your work/life balance, increase self-esteem, and nourish your mind and body while nurturing relationships with the ones you love. The Rough Guide to Happiness will help you navigate your way through all parts of modern day life, offering a practical and effective range of happiness-building techniques. Rely on realistic suggestions from Dr Nick Baylis, a practising therapist and former Dr Feelgood for The Times Saturday Magazine, who has worked with everyone from young offenders to stressed airline pilots! Are some people genetically predisposed to be happier than others? Can money or technology make us happy? The Rough Guide to Happiness explores all these questions and more, going beyond facile tips to offer a deeper understanding of what happiness is with easy solutions for you to implement in your daily life. Drawing on the best ideas from every field, from Hypnosis and Energy Therapy to Positive Psychology and Buddhism, The Rough Guide to Happiness provides a wealth of inspiring insights on how to relieve stress and achieve lasting contentment. Make the Most of Your Time on Earth with The Rough Guide to Happiness.

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Explores commonly-held myths of the brain through the lens of scientific research, backing up claims with studies and other evidence from the literature Looks at enduring myths such as "Do we only use 10% of our brain?", "Pregnant women lose their mind", "Right-brained people are more creative" and many more

The Rough Guide Book of Brain Training contains 100 days' worth of puzzles designed to give your brain a thorough work-out. Just 5 puzzles a day will lead to a smarter you. Combining favourites such as sudoku and kakuro with many entirely new puzzle types, puzzle creator Dr Gareth Moore exercises every part of your mind - from processing speed, mental arithmetic and problem-solving to memory and creativity. Every ten days, a test page allows you to chart your progress, while throughout the book Dr Tom Stafford's incisive and thought-provoking text explores the wonders of our brain and how we can get better at using it to its full potential. Offering much more than other brain-testing books The Rough Guide Book of Brain Training answers mind-boggling questions such as 'does classical music make you more intelligent?' and 'can we slow down or stop the ageing of our brain?' This guide is guaranteed to give your brain a thorough work-out.

Have you ever wondered what Charles Darwin

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would have had on his iPod? Or exactly how Cartman from South Park fits into the Theory of Evolution? The Rough Guide to Evolution delves into all of this and more, from the life and works of the eminent scientist to the impact of evolutionary thinking on modern times. Read about the evolutionary history of life on Earth, the stark evidence for evolution - including feathered dinosaurs - and how Darwin's breakthrough is still denied by creationists, who have repeatedly tried to ban evolution from the classroom. Providing a complete and authoritative overview of one of the most controversial topics of our age, the guide is an accessible one-stop-shop for all things Darwinian, while listing resources for those keen to dig deeper into our murky beginnings. Find out exactly how Charles Darwin and *The Origin of Species* have affected human life in the 150 years since its publication - everything from Darwinian tourism to the evolution of *The Simpsons* - as well as some new angles that make *The Rough Guide to Evolution* a must-have for die-hard Darwin fans. Rediscover Darwin's earth-shattering explanation for the diversity of life with *The Rough Guide to Evolution*.

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