Teach Yourself



# UNDERSTAND PSYCHOLOGY



How your mind works and why you do the things you do

DR NICKY HAYES

# **Understand Psychology Teach Yourself**

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## **Understand Psychology Teach Yourself:**

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*Understand Child Development: Teach Yourself* Carolyn Meggitt, 2012-07-27 This book is a complete guide to child development from birth to 16 years Assuming no prior knowledge of the subject it will take you through all the perspectives on the subject covering physical cognitive moral and behavioural aspects of a child's development It covers key figures such as Piaget Freud and Bowlby as well as looking at the work of more contemporary theorists With case studies to give you practical understanding and illustrations to back up key points this book is the only guide you will ever need Yourself Applied Psychology Nick Hayes, 2005-04-26 Covering 18 different areas of applied psychology from the applications of knowledge to how psychologists work in the community as a whole this new edition of Teach Yourself Applied Psychology shows readers how to apply psychology to a variety of everyday situations and contexts It covers well developed but unknown areas such as space psychology and eco psychology includes a glossary that highlights key terms and lists further reading **Psychology: Bullet Guides** Nicky Hayes, 2011-08-26 Open this book and you will suggestions and relevant websites Grasp the essentials Explore the mind Understand behaviour Apply psychological theory **Instant Psychology** Nicky Hayes, Sarah Tomley, 2021-10-19 Instant Psychology pulls together all the pivotal psychological knowledge and thought into one concise volume Each page contains a discrete cheat sheet which tells you the most important facts in bite sized chunks meaning you can become an expert in an instant From Freud and Jung to the Rorschach test the Stanford prison experiment cognitive bias and the availability heuristic every key figure discovery or idea is explained with succinct and lively text and graphics Perfect for the knowledge hungry and time poor this collection of graphic led lessons makes psychology interesting and accessible Everything you need to know is here **Sport Psychology** John Perry, 2025-01-16 Think about your favourite sport Now ask yourself how much of success in that sport is down to physical skills and how much is down to mental skills We all know that physical skills are vital for performance and understand about training them We know that psychology is

important too but what people actually do to understand and train in it is less well known Sport Psychology A complete introduction gives you the answers explaining everything you need to know in one place Structured in two parts theory and application part one defines the idea of personality and covers essential psychological traits including mental toughness confidence motivation stress and character Part two covers topics such as assessment skills training coping techniques building concentration and working with coaches and teams You will also find substantial coverage of measurement questionnaires skills and routes to practice As well as learning about how the mind works and how that has an impact on sporting performance you will discover what sport psychologists actually do to improve a performer s psychological skills and mindset Sport psychology used to be simply about performance Now the role of the sport psychologist is more holistic and includes athlete wellbeing working with coaches and support teams and operating at a more organizational level Whether you are a student interested in sport and sport performance as a professional practice or involved in sport at any level Sport Psychology A complete introduction is your go to guide How to Write Well: a Guide for Health and Social Care Students June Keeling, Hazel Chapman, Julie Williams, 2013-10-16 Good writing skills are essential for study but many students find that they struggle to write well Written especially for health and social care students this book demystifies academic writing giving you a better understanding of what good writing looks like and how to achieve it Topics covered in this accessible book include How to plan and write pieces to deadlines How to copyedit and proofread your own work How to develop good writing behaviours and find motivation How to write effective and safe service user records This user friendly guide includes examples of good and bad writing activities to work through handy hints and tips at the end of each chapter and personal experiences from students making it a must read for any health and social care students looking for the skills and confidence to master good academic writing Contributors Michael Baksh Amanda Clarke Elizabeth Cooper James Greaves Dasha Koneva Jane Quigley Victoria Ridgway Dr Carol Lewis Roylance Pat Talbot Richard Williams Mary Williams This book is aimed at students but I am sure that it has an audience beyond that we all need help and encouragement to write Full of practical advice and examples this book will help you to find a writing strategy that works for you and to develop our own style Some simple but very effective ideas are used such as making writing a normal activity just keeping going and not necessarily starting at the beginning Roger Watson Professor of Nursing University of Hull UK The focus of this book is on how to write well As I have argued previously we all need to be reminded of the skills required in order to make a difference to our patient clients and their carers lives Lifelong learning is the way that we update our knowledge skills and competencies But in order to do this effectively we need to have the right skill set The ability to write well is fundamental to our personal and professional learning and this is regardless of what stage we are in our careers Writing is a skill that we use every day be it an email to a friend or an assignment for a course With practice we can develop and refine this essential skill I particularly like the way the authors encourage us to be critical of our writing this is also something that we can offer to others as critical

friends Sian E Maslin Prothero Professor of Nursing Clinical School of Nursing Midwifery and Sir Charles Gairdner Hospital Edith Cowan University Western Australia Your Brain and You Nicky Hayes, 2018-08-02 Most general knowledge about the brain and its workings is very dated drawing on studies from the first part of the previous century or even earlier However the advent of brain scanning which allows the study of the ordinary working brain rather than just dead ones or people having brain surgery has resulted in some amazing new developments that contribute immensely to our general social understanding of people and how they work Written by Dr Nicky Hayes bestselling author of Understand Psychology Your Brain and You is a beginner's quide to neuropsychology It takes you through every aspect of how your brain works from nervous systems and brain structures to neural transmission and neural correlates You will discover how it all began how it works how we see do things hear and experience the outside world Explore memories relationships emotions decision making sleep consciousness and common disorders such as dyslexia dysgraphia dyscalculia As with all Teach Yourself books it is clearly structured packed full of practical examples and designed to make it easy to learn the essentials you really need to know ABOUT THE SERIES People have been learning with Teach Yourself since 1938 With a vast range of practical how to guides covering language learning lifestyle hobbies business psychology and self help there s a Teach Yourselfbook for everything you want to do Join more than 60 million people who have reached their goals with Teach Yourself and never stop Bold Dream Gladys Chepkirui Ngetich, 2021-01-13 What exactly does it take to bring out the best in you Pure learning luck or simply one s fate How far can one go through sheer grit hard work and consistency In The Bold Dream Transcending the Impossible a medical doctor and an aerospace engineer tell of how they scaled academic heights from under resourced rural primary schools deep in the heart of the Rift Valley in Kenya to the University of Oxford as Rhodes scholars Through narration of real life experiences this book explores the challenges they faced while growing up and schooling the push that their bold dreams gave them and how they ended up in one of the most prestigious academic institutions in the world Most importantly they share deep thought provoking views on the sacrifices women in their community make through the experiences of their mothers Dr Elisha Ngetich and Dr Gladys Ngetich explore some of the consistent themes in their serendipitous climb to the University of Oxford to pursue PhD An inspirational read this book is a must read for anyone who wants to persistently pursue their bold dreams Psychology: A Complete Introduction: Teach Yourself Sandi Mann, 2016-06-02 This book does an excellent job at providing an overview of each of the important areas of psychology memory perception mental health etc If you ve not studied psychology before this book is perfect as an introduction Amazon 5 star reader review Great read nicely structured and keeps the reader engaged without getting bogged down into too much detail love it Amazon 5 star reader review Are you looking for a simple jargon free introduction to psychology Are you a student who wants to build your knowledge and boost your grades Psychology A Complete Introduction is designed to give you everything you need to succeed all in one place Written by Dr Sandi Mann Senior Lecturer at the University of Central

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