



The Everything Psychology Book: Explore the human psyche and understand why we do the things we do (Everything®)

Kendra Cherry

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
What do dreams mean? How important is childhood, really? Why do you forget this—and remember that? There's nothing more fascinating—or frightening—than the ins and outs of the human mind. But understanding the complex links between your brain, your emotions, and your behavior can be challenging.

The Everything Psychology Book, 2nd Edition unravels even the most arcane mysteries of psychology, including:

- The human drive for food, sex, and other desires
- What happens when thinking and emotions go awry
- Why you fall in love with one person and not another
- How you can develop a strong sense of self
- When traumatic events can change who you are

Scientific information is coupled with real-life examples to help you better understand the basic principles and theories of psychology. With this comprehensive guide you'll achieve a better understanding of yourself—and everyone else around you, too!

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