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Psychology and Life introduces students to the core areas of psychology by showing them just how relevant these topics are to their day to day lives. Bringing Gerrig and Zimbardo's classic textbook, now in its 19th edition, to a European audience, this exciting new adaptation for students of introductory psychology offers a greater focus on current European research while retaining the same rigorous, scientific approach and enthusiasm for applying psychology to daily life that has made it so popular with students. This package includes a physical copy of Psychology and Life by Gerrig, Zimbardo, Svartdal, Brennen, Donaldson and Archer, as well as access to the eText and MyPsychLab.

The classic text that defined the field, Psychology and Life, Fifteenth Edition, celebrates Phil Zimbardo's 30th anniversary as its author by returning to its original themes: presenting psychology as a science and as a tool to understanding our daily lives. The book continues to provide a rigorous, research-centered survey of the discipline while offering students features and pedagogy that will spark their interest and excite their imaginations.

This text offers students a thorough look at the different issues and theoretical perspectives in psychology today, combining scientific rigour with a dedicated enthusiasm for the subject matter.

Integrated teaching, learning, and assessment tools, created by a master teacher.

This book represents the best of the first three years of the Society for Chaos Theory in Psychology conferences. While chaos theory has been a topic of considerable interest in the physical and biological sciences, its applications in psychology and related fields have been obscured until recently by its complexity. Nevertheless, a small but rapidly growing community of psychologists, neurobiologists, sociologists, mathematicians, and philosophers have been coming together to discuss its implications and explore its research possibilities. Chaos theory has been termed the first authentic paradigm shift since the advent of quantum physics. Whether this is true or not, it unquestionably bears profound implications for many fields of thought. These include the cognitive analysis of the mind, the nature of personality, the dynamics of psychotherapy and counseling, understanding brain events and behavioral records, the dynamics of social organization, and the psychology of prediction. To each of these topics, chaos theory brings the perspective of dynamic self-organizing processes of exquisite complexity. Behavior, the nervous system, and social processes exhibit many of the classical characteristics of chaotic systems -- they are deterministic and globally predictable and yet do not submit to precise predictability. This volume is the first to explore ideas from chaos theory in a broad, psychological perspective. Its introduction, by the prominent neuroscientist Walter Freeman, sets the tone for diverse discussions of the role of chaos theory in behavioral research, the study of personality, psychotherapy and counseling, mathematical cognitive psychology, social organization, systems philosophy, and the understanding of the brain.

The Psychology of Covid-19 explores how the coronavirus is giving rise to a new order in our personal lives, societies and politics. Rooted in systematic research on Covid-19 and previous pandemics, including SARS, Ebola, HIV and the Spanish Flu, this book describes how Covid-19 has impacted a broad range of domains, including self-perception, lifestyle, politics, mental health, media, and meaning in life. Building on this, the book then sets out how we can improve our psychological and social resilience, to safeguard ourselves against the psychological effects of future pandemics.

Motivational book for all athletes.

Your every significant choice -- every important decision you make -- is determined by a force operating deep inside your mind: your perspective on time -- your internal, personal time zone. This is the most influential force in your life, yet you are virtually unaware of it. Once you become aware of your personal time zone, you can begin to see and manage your life in exciting new ways. In *The Time Paradox*, Drs. Zimbardo and Boyd draw on thirty years of pioneering research to reveal, for the first time, how your individual time perspective shapes your life and is shaped by the world around you. Further, they demonstrate that your and every other individual's time zones interact to create national cultures, economics, and personal destinies. You will discover what time zone you live in through Drs. Zimbardo and Boyd's revolutionary tests. Ask yourself: • Does the smell of fresh-baked cookies bring you back to your childhood? • Do you believe that nothing will ever change in your world? • Do you believe that the present encompasses all and the future and past are mere abstractions? • Do you wear a watch, balance your checkbook, and make to-do lists -- every day? • Do you believe that life on earth is merely preparation for life after death? • Do you ruminate over failed relationships? • Are you the life of every party -- always late, always laughing, and always broke? These statements are representative of the seven most common ways people relate to time, each of which, in its extreme, creates benefits and pitfalls. *The Time Paradox* is a practical plan for optimizing your blend of time perspectives so you get the utmost out of every minute in your personal and professional life as well as a fascinating commentary about the power and paradoxes of time in the modern world. No matter your time perspective, you experience these paradoxes. Only by understanding this new psychological science of time zones will you be able to overcome the mental biases that keep you too attached to the past, too focused on immediate gratification, or unhealthily obsessed with future goals. Time passes no matter what you do -- it's up to you to spend it wisely and enjoy it well. Here's how.

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