



Applying Psychology to Everyday Life: A Beginner's Guide

Kenneth T. Strongman

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This text gives a general introduction to the subject but in a way that demonstrates its applicability to their work and to everyday life, whilst remaining academically grounded. It demonstrates how psychology can make a practical difference in the 'real world'. Topics covered include emotions, motivation, social life and the lifespan.

- Basic, up-to-date introduction to psychological concepts
- Practical exercises and techniques
- Scene setting examples from real life

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