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NIGEL BENSON

Introducing Psychology Graphic Guide

Nigel Benson



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Nigel Benson, 2015-03-14 What is psychotherapy How can we choose wisely from so much on offer This book provides a valuable summary of the main therapies the talking cures of psychoanalysis behavioral and cognitive techniques somatic solutions humanist gestalt and existential approaches and individual and group therapies **FREE Introducing Graphic Guide Sampler** Cathia Jenainati, Dan Cryan, Sharron Shatil, 2014-07-14 Introducing Graphic Guides is the bestselling series which explores big ideas from Quantum Theory to Psychoanalysis using concise authoritative text and graphic novel style illustrations For the very first time 28 titles are now available in ebook format for all e reading devices This free ebook sampler contains extracts from six books Introducing Psychology asks what exactly psychology is precisely where has it come from and the extent to which it can be considered scientific Introducing Quantum Theory explores bizarre paradoxes which contradict the logic of classical physics in the work of Planck Einstein Bohr Heisenberg Schrodinger and others Introducing Islam recounts the history of the religion from the 6th century to its status as a global culture and political force today Introducing Statistics book traces the rise of statistics from the ancient Babylonians Egyptians and Chinese to the censuses of Romans and the Greeks and the modern emergence of the term itself in Europe Introducing Capitalism tells the story of the remarkable and often ruthless rise of capitalist politics and economics which have evolved through strife and struggle as much as innovation and enterprise Introducing Feminism explores women's conscious struggle to resist discrimination and sexist oppression from the 17th century to the present day Find out more about the series at introducingbooks.com/ebooks

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Introducing Philosophy Dave Robinson,Judy Groves,2014-06-05 Philosophers have always enjoyed asking awkward and provocative questions such as What is the nature of reality What are human beings really like What is special about the human mind and consciousness Are we free to choose who we are and what we do Can we prove that God exists Can we be certain about anything at all What is truth Does language provide us with a true picture of the world How should we behave towards each other Do computers think Introducing Philosophy is a comprehensive graphic guide to the thinking of all the significant philosophers of the Western world from Heraclitus to Derrida It examines and explains their key arguments and ideas without being obscure or solemn Lively and accessible it is the perfect introduction to philosophers and philosophical ideas for anyone coming to the subject for the first time

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inspired vast 20th century revolutions It assesses Marxism s Russian disciples Lenin Trotsky and Stalin who forged a ruthless dogmatic Communism The book examines the alternative Marxist approaches of Gramsci the Frankfurt School of critical theory and the structuralist Marxism of Althusser in the 1960s It marshals postmodern interpretations of Marxism and raises the spectre of post Marxism in Derrida s confrontation with Fukuyama s end of history doctrine **Introducing Islam**

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Chris Horrocks,2014-06-05 Michel Foucault s work was described at his death as the most important event of thought in our century As a philosopher historian and political activist he certainly left behind an enduring and influential body of work but is this acclaim justified Introducing Foucault places his work in its turbulent philosophical and political context and critically explores his mission to expose the links between knowledge and power in the human sciences their discourses and institutions This book explains how Foucault overturned our assumptions about the experience and perception of madness sexuality and criminality and the often brutal social practices of confinement confession and discipline It also describes Foucault s engagement with psychiatry and clinical medicine his political activism and the transgressive aspects of pleasure and desire that he promoted in his writing

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Maynard Keynes and Milton Friedman and delve into ideas from new areas such as ecological and complexity economics that are revolutionizing the field Introducing Evolutionary Psychology Dylan Evans,Oscar Zarate,2015-06-18 How did the mind evolve How does the human mind differ from the minds of our ancestors and from the minds of our nearest relatives the apes What are the universal features of the human mind and why are they designed the way they are If our minds are built by selfish genes why are we so cooperative Can the differences between male and female psychology be explained in evolutionary terms These questions are at the centre of a rapidly growing research programme called evolutionary psychology Introducing Buddha Borin Van Loon,Jane Hope,2014-06-05 Meditation Karma Zen Tantric and Nirvana are some of the many Buddhist ideas Westerners hear of frequently even if their meaning has been lost in translation This vast and complex non theistic religion is woven into the fabric of Asian civilisations from India to the Himalayan regions China Vietnam Korea Japan and elsewhere What is Buddhism really all about Introducing Buddha describes the life and teachings of the Buddha but it also shows that enlightenment is a matter of experiencing the truth individually and by inspiration which is passed from teacher to student Superbly illustrated by Borin Van Loon the book illuminates this process through a rich legacy of stories explains the practices of meditation Taoism and Zen and goes on to describe the role of Buddhism in modern Asia and its growing influence on Western thought Introducing Mind and Brain Angus Gellatly,Oscar Zarate,2018-04-05 How do emotions affect your basic decision making Why do certain smells prompt long forgotten memories and what makes us suddenly self conscious How does the biological organ the brain give rise to all of the thoughts in your head enable you to think to feel to be conscious and aware to have a mind Introducing Mind and Brain explains what the sciences have to say about planning and action language memory attention emotions and vision It traces the historical development of ideas about the brain and its function from antiquity to the age of neuro imaging Clearly explained by Professor of Psychology Angus Gellatly and award winning artist Oscar Zarate they invite you to take a fresh look at the nature of mind consciousness and personal identity Introducing Ethics Chris Garratt,Dave Robinson,2014-06-05 What is the place of individual choice and consequence in a post Holocaust world of continuing genocidal ethnic cleansing Is identity now a last ditch cultural defence of ethnic nationalisms and competing fundamentalisms In a climate of instant information free markets and possible ecological disaster how do we define rights self interest and civic duties What are the acceptable limits of scientific investigation and genetic engineering the rights and wrongs of animal rights euthanasia and civil disobedience Introducing Ethics confronts these dilemmas tracing the arguments of the great moral thinkers including Socrates Plato Aristotle Hobbes and Kant and brings us up to date with postmodern critics Introducing Stephen Hawking J.P. McEvoy,2014-06-05 An ideal introduction to Stephen Hawking Independent Astonishingly comprehensive clearer than Hawking himself Focus Stephen Hawking was a world famous physicist with a cameo in The Simpsons on his CV but outside of his academic field his work was little understood To the public he was a tragic figure a brilliant scientist and author of the 9 million copy selling A

Brief History of Time and yet spent the majority of his life confined to a wheelchair and almost completely paralysed Hawking's major contribution to science was to integrate the two great theories of 20th century physics Einstein's General Theory of Relativity and Quantum Mechanics J P McEvoy and Oscar Zarate's brilliant graphic guide explores Hawking's life the evolution of his work from his days as a student and his breathtaking discoveries about where these fundamental laws break down or overlap such as on the edge of a Black Hole or at the origin of the Universe itself

The Routledge Handbook of Health Communication and Popular Culture Christina S. Beck, 2024-12-23 The Routledge Handbook of Health Communication and Popular Culture offers rich insights into the ways in which communication about health through popular culture can become a part of healing wellness and health related decisions This Handbook allows readers to understand and consider messages that inform and influence health related choices through pop culture in the public sphere Written in an accessible narrative style and including interdisciplinary global and diverse perspectives a vast team of contributing authors from the field explores the intersections between health communication and popular culture The Handbook is divided into five parts Framing of Health Related Issues in Popular Culture Exploring Popular Culture Influences on Health Behaviors and Beliefs Considering Pro Social Public Health Interventions in Popular Culture Understanding Health Issues in Popular Culture from Diverse Perspectives and Pop Culture and Health Communication Looks to the Future The Handbook will be of interest to students and scholars in the fields of Communication Studies Health Communication Public Health Policy Media Literacy and Cultural Studies

Introducing Critical Theory Professor Stuart Sim, 2014-06-05 What might a theory of everything look like Is science an ideology Who were Adorno Horkheimer or the Frankfurt School The decades since the 1960s have seen an explosion in the production of critical theories Deconstructionists poststructuralists postmodernists second wave feminists new historicists cultural materialists postcolonialists black critics and queer theorists among a host of others all vie for our attention Stuart Sim and Borin Van Loon's incisive graphic guide provides a route through the tangled jungle of competing ideas and provides an essential historical context situating these theories within tradition of critical analysis going back to the rise of Marxism They present the essential methods and objectives of each theoretical school in an incisive and accessible manner and pay special attention to recurrent themes and concerns that have preoccupied a century of critical theoretical activity

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