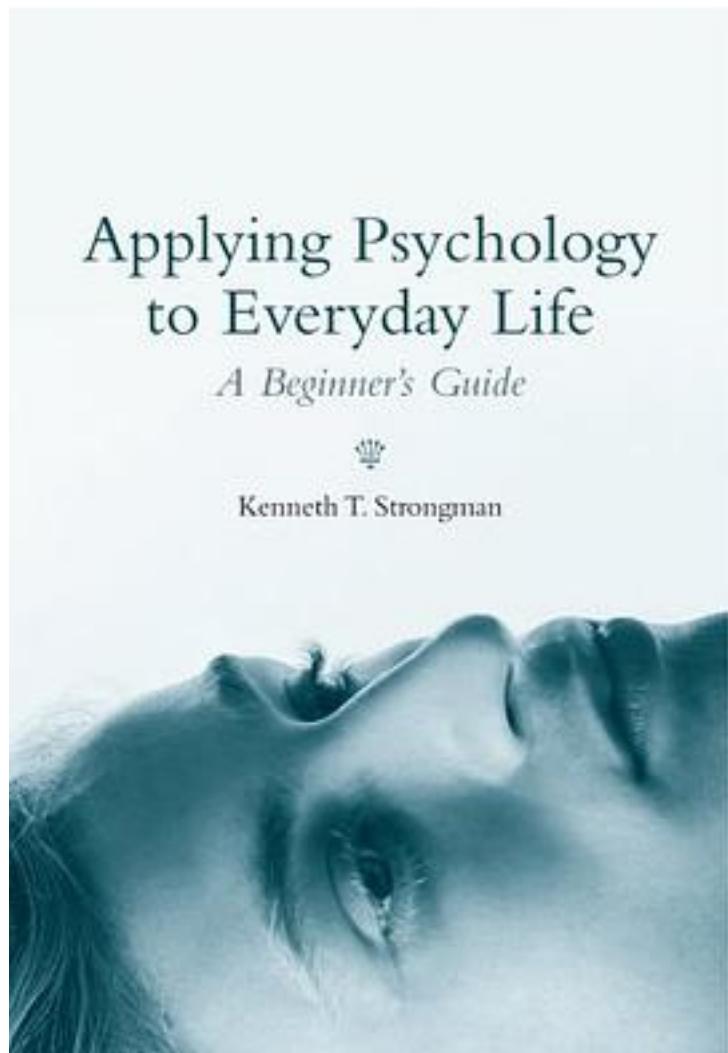


Applying Psychology in Everyday Life



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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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