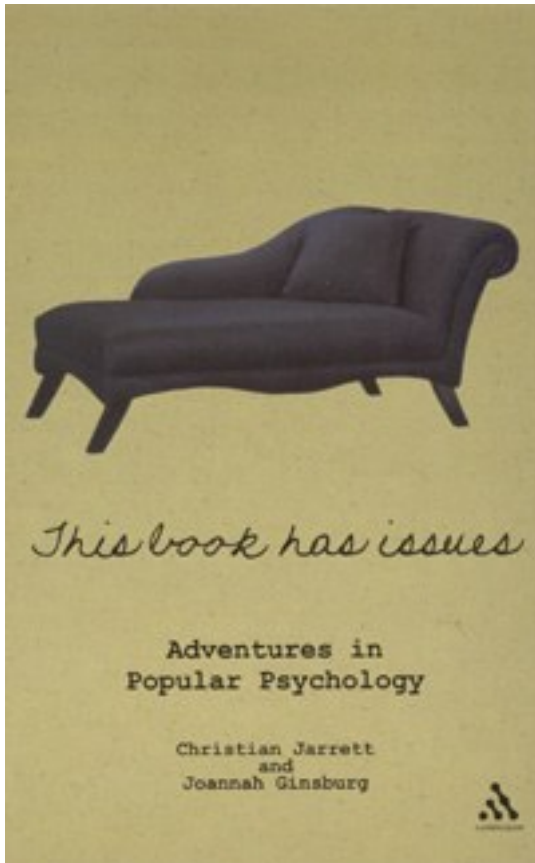


# This Book Has Issues



[This Book Has Issues\\_ 下载链接1\\_](#)

著者:Christian Jarrett

出版者:

出版时间:2008

装帧:

isbn:9780826479785

Attractively packaged, this book is thematically structured, covering all the key areas of psychology - perception and action, memory, cognition, affect, the social self, personality, anxiety and sleep. "This Book Has Issues" explores the marvel of the human mind by looking at the myriad ways in which it fails to work. Scientists have long exploited breakdowns and failures to learn more about phenomena, and

sometimes even to put them right."This Book Has Issues" assembles a wide variety of intriguing psychological issues - instructive errors, interesting mistakes, and revealing vulnerabilities - in order to show just how much we can learn from our failings. It is divided into eight sections covering the major components of common experience and how they go wrong. The dysfunctions covered arise in perception, memory, emotion and cognition, but also in interpersonal relationships and identity issues. Personality disorders, the ravages of anxiety and stress, and problems sleeping are also treated. Tests and exercises abound throughout the book. Each chapter includes a feature spread on a psychologist of note. And each chapter ends on a positive note, with tips, help, and exercises to promote healthy functioning in each domain.

## 作者介绍:

Christian Jarrett has a PhD in Sensorimotor Neuroscience from UMIST, Manchester, UK. He is editor of the British Psychological Society's Research Digest blog and staff journalist on their monthly magazine, The Psychologist. He has also written for a range of popular science publications, including New Scientist and the BBC's Focus magazine. In 2007 he was elected a fellow of the Royal Society of Arts. Joannah Ginsburg is a psychotherapist and journalist. She has been a features writer for The Wall Herald and is a regular contributor to various psychology publications and newsletters.

## 目录:

[This Book Has Issues\\_ 下载链接1](#)

## 标签

## 评论

-----  
[This Book Has Issues\\_ 下载链接1](#)

## 书评

-----

[This Book Has Issues\\_ 下载链接1](#)