



The Handy Psychology Answer Book (Handy Answer Book Series, The)

Lisa J. Cohen

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Bridging the gap between the entertainment-focused “pop psychology” on television and the dry academic research that is published in journals, *The Handy Psychology Answer Book* helps answer why humans do what we do through accurate scientific data presented in a lively, accessible, and engaging way. It covers the fundamentals and explains the psychology behind how people deal with money, sex, morality, family, children, aging, addiction, work, and other everyday issues.

Fully revised to reflect the latest scientific research—such as the current DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, published by the American Psychiatric Association); the latest neurobiological theories; and the changing face of marriage—this timely reference has expanded to include information sections on the biology and evolution of emotions; technology and adolescence; bisexuality; optimism; autism; as well as a full section on the law, eyewitness testimony and police shootings.

Featuring more than 1,500 answers to questions concerning how the human mind and the science of psychology really work such as: How have other cultures addressed psychological issues? Why was Freud so focused on sex? How can I maintain a healthy brain? Is it normal to argue during marriage? Does religion make people happier? How do we reduce social prejudice?

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