The text examines the conflict and controversies that continue to shape the discipline of psychology, and provides hands-on assessments for pinpointing strengths with the most relevance to a problem, exercises for applying these strengths in practice, and strategies for managing scarcity and maintaining strong values. She then shows women how to break this cycle-by discovering and utilizing their unique psychological strengths. Drawing from the work of many women, based on their biology and social roles, brings to mind a revolution of self-improvement that gives women the tools to hone their skills as entrepreneurs and managers, and provides a framework for understanding the ways in which women, based on their biology and social roles, bring to mind challenges: - Mental strengths, such as the instinct to care for others, - Emotional strengths, which maintain strong values under pressure, - Identity strengths, which maintain strong values under pressure, emotional strengths, and identity strengths. She then shows women how to break this cycle-by discovering and utilizing their unique psychological strengths. Drawing from the work of many women, based on their biology and social roles, brings to mind a revolution of self-improvement that gives women the tools to hone their skills as entrepreneurs and managers, and provides a framework for understanding the ways in which women, based on their biology and social roles, bring to mind challenges: - Mental strengths, such as the instinct to care for others, - Emotional strengths, which maintain strong values under pressure, - Identity strengths, which maintain strong values under pressure, emotional strengths, and identity strengths. She then shows women how to break this cycle-by discovering and utilizing their unique psychological strengths. Drawing from the work of many women, based on their biology and social roles, brings to mind a revolution of self-improvement that gives women the tools to hone their skills as entrepreneurs and managers, and provides a framework for understanding the ways in which women, based on their biology and social roles, bring to mind challenges: - Mental strengths, such as the instinct to care for others, - Emotional strengths, which maintain strong values under pressure, - Identity strengths, which maintain strong values under pressure, emotional strengths, and identity strengths. She then shows women how to break this cycle-by discovering and utilizing their unique psychological strengths.
Why do we become aggressive? How does the brain allow us to see, hear, and feel? Can listening to Mozart improve IQ? How do babies learn to perceive and think? How can we reduce obesity and cigarette smoking? Is being physically attractive an advantage? Psychology, the scientific study of the mind and our behaviour, has never been more popular. From TV experts to the amateur musings of your best friend, the language of psychology has permeated all aspects of everyday life. Here Martin reveals that modern psychology concerns far more than the everyday stereotypes of Freud, Jung, and ‘common sense’ advice. This Beginner’s Guide is informed by the latest cutting-edge research and provides a vibrant and witty exploration of our senses, how our memory works, and what determines our intelligence, development, and personality.