# PSYGHOLOGY BOOK





LONDON, NEW YORK, MELBOURNE, MUNICH, AND DELHI

### DK LONDON

PROJECT ART EDITOR Amy Orsborne

SENIOR EDITORS Sam Atkinson, Sarah Tomley

EDITORS Cecile Landau, Scarlett O'Hara

> US EDITOR Rebecca G. Warren

MANAGING ART EDITOR Karen Self

MANAGING EDITORS Esther Ripley, Camilla Hallinan

> ART DIRECTOR Philip Ormerod

ASSOCIATE
PUBLISHING DIRECTOR
Liz Wheeler

PUBLISHING DIRECTOR Jonathan Metcalf

> ILLUSTRATIONS James Graham

PICTURE RESEARCH Myriam Megharbi

PRODUCTION EDITOR
Tony Phipps

PRODUCTION CONTROLLER Angela Graef

# DK DELHI

PROJECT ART EDITOR Shruti Soharia Singh

SENIOR ART EDITOR Chhaya Sajwan

MANAGING ART EDITOR Arunesh Talapatra

> SENIOR EDITOR Monica Saigal

EDITORIAL TEAM Sreshtha Bhattacharya, Gaurav Joshi

PRODUCTION MANAGER Pankaj Sharma

DTP MANAGER/CTS Balwant Singh

DTP DESIGNERS Arvind Kumar, Rajesh Singh Adhikari

> DTP OPERATOR Vishal Bhatia

> > styling by

# STUDIO8 DESIGN

DK books are available at special discounts when purchased in bulk for sales promotions, premiums, fund-raising, or educational use. For details, contact: DK Publishing Special Markets, 375 Hudson Street, New York, New York 10014 or SpecialSales@dk.com.

First American Edition 2012

Published in the United States by DK Publishing 375 Hudson Street New York, New York 10014

> 6 8 10 9 7 5 003—181320—Feb/2012

Copyright © 2012 Dorling Kindersley Limited

All rights reserved.

Without limiting the rights under the copyright reserved above, no part of this publication may be reproduced, stored in or introduced into a retrieval system, or transmitted, in any form or by any means (electronic, mechanical, photocopying, recording, or otherwise), without the prior written permission of

both the copyright owner and the above publisher of this book.

Published in Great Britain by Dorling Kindersley Limited.

A catalog record for this book is available from the Library of Congress.

ISBN:978-0-7566-8970-4

Printed and bound in China by Leo Paper Products Ltd

Discover more at www.dk.com

# **CONTRIBUTORS**

#### **CATHERINE COLLIN**

A clinical psychologist, our consultant Catherine Collin is an Associate Professor (Senior Lecturer in Psychological Therapies) at the University of Plymouth in England. Catherine's interests lie in primary care mental health and cognitive behavior therapy.

## **NIGEL BENSON**

A lecturer in philosophy and psychology, Nigel Benson has written several bestselling books on the subject of psychology, including *Psychology for Beginners* and *Introducing Psychiatry*.

#### **JOANNAH GINSBURG**

A clinical psychologist and journalist, Joannah Ginsburg works in community treatment centers in New York City, Boston, Philadelphia, and Dallas, and regularly contributes to psychology publications. She is joint author of *This Book has Issues: Adventures in Popular Psychology*.

#### **VOULA GRAND**

As a business psychologist, Voula Grand consults for international corporations on leadership and executive performance. Her first novel is *Honor's Shadow*. She is currently writing the sequel, *Honor's Ghost*.

#### **MERRIN LAZYAN**

A writer, editor, and classical singer, Merrin Lazyan studied psychology at Harvard University and has worked on several fiction and nonfiction books, spanning a broad range of topics.

#### **MARGUS WEEKS**

A writer and musician, Marcus Weeks studied philosophy and worked as a teacher before embarking on a career as an author. He has contributed to many books on the arts and popular sciences.

he of ed, eval or cal, ise), n of e

ess.