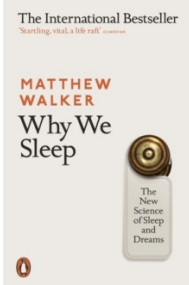
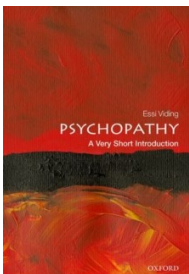


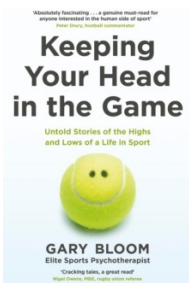
**Psycho-Logical** by Dean Burnett  
Combining illuminating scientific research with first-hand insights from people who deal with mental health problems on a daily basis, this is an honest, entertaining and reassuring account of how and why these issues occur, and how to make sense of them.



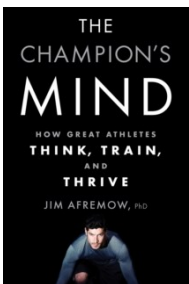
**Why We Sleep** by M. P. Walker  
Many issues in modern wellbeing have their roots in deficient rest — what does scientific research tell us about sleep?



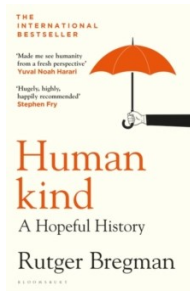
**Psychopathy: a Very Short Introduction** by Essi Viding  
Despite the public fascination with psychopathy, there is often a very limited understanding of the condition. This guide aims to give an accurate overview.



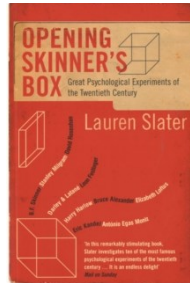
**Keeping Your Head in the Game** by Gary Bloom  
Based on the author's work as a sports psychotherapist, this book explores the psychological challenges of sports.



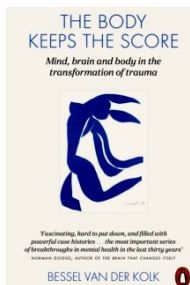
**The Champion's Mind** by Jim Afremow  
Another study of sports psychology, this book focusses instead on factors that contribute to success at an elite level.



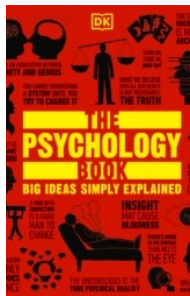
**Humankind** by R. Bregman  
Is the world really that bad? Are human beings really all selfish and cruel at heart? This book argues that there is plenty of evidence we can be hopeful and optimistic: people, actually, are mostly good.



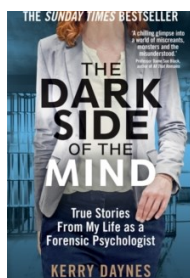
**Opening Skinner's Box** by Lauren Slater  
A witty and sometimes shocking account of the key psychological experiments of the twentieth century.



**The Body Keeps the Score** by Bessel Van der Kolk  
A controversial, mega-bestselling study of the way trauma effects people, their families, and future generations.



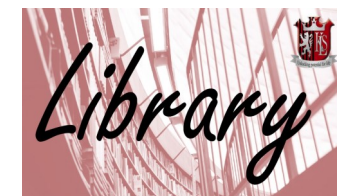
**The Psychology Book** by DK  
An attractive, informative overview of all the key ideas, history, and people you need to know in this field.



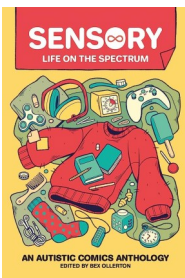
**The Dark Side of the Mind** by Kerry Daynes  
Memoirs of a forensic psychologist, who has worked on major criminal investigations and acted as an expert witness in court.

# Psychology

## WIDER READING

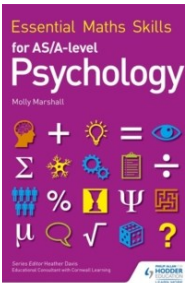


All these books are available from the school library



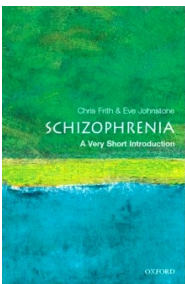
### Sensory: Life on the Spectrum

edited by Bex Ollerton  
An anthology of comics on the autistic experience, from a wide variety of autistic artists.



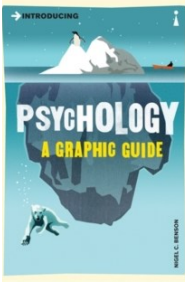
### Essential Maths Skills for A Level Psychology

by Molly Marshall  
Develop your understanding of both maths and psychology with worked examples and questions within a psychology context.



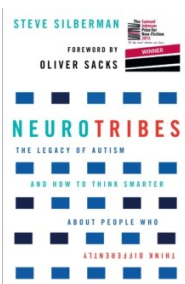
### Schizophrenia: A Very Short Introduction

by Frith and Johnson  
Describes what schizophrenia is really like, how the illness progresses, its biological bases, and the treatments available.



### Introducing Psychology: a Graphic Guide

by Nigel Benson  
What is psychology? When did it begin? Where did it come from? How does psychology compare with related subjects such as psychiatry and psychotherapy?



### Neurotribes

by Steve Silberman  
Unearths the secret history of autism, long suppressed by the same clinicians who became famous for discovering it, and finds surprising answers to the crucial question of why the number of diagnoses has soared in recent years.



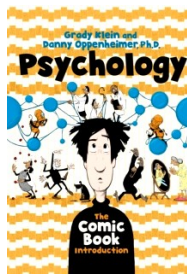
### The Man Who Mistook His Wife for a Hat

by Oliver Sacks  
A classic work of psychology, this international bestseller provides a ground-breaking insight into the human mind.



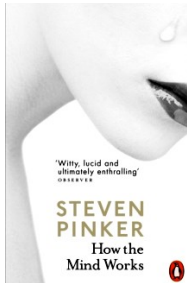
### The Better Angels of Our Nature

by Steven Pinker  
From why cities make us safer to how books bring about peace, Pinker weaves together history, philosophy and science to examine why we are less likely to die at another's hand than ever before, how it happened and what it tells us about our humanity



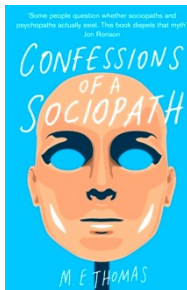
### Psychology: The Comic Book

by Oppenheimer and Klein  
An award-winning animator and cartoonist teams up with a cognitive psychologist to introduce readers to the often comedic world of psychology.



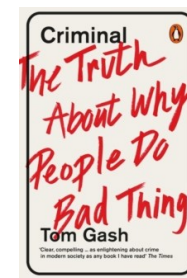
### How the Mind Works

by Steven Pinker  
Why do we laugh? What makes memories fade? Why do people believe in ghosts?



### Confessions of a Sociopath

by M.E. Thomas  
A memoir by a diagnosed sociopath: an insight into a self-confessed predator's mind.



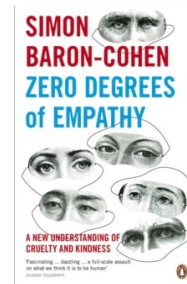
### Criminal: The Truth About Why People Do Bad Things

by T. Gash  
There are two myths about crime. In one, the criminal act is a selfish choice, and tough punishment the only solution. In the other, the system is at fault, and perpetrators will change only when society reforms. Both these narratives are wrong.



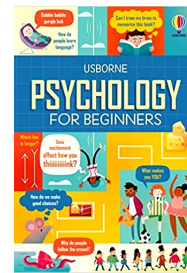
### Dibs in Search of Self

by V. Axline  
A classic account of the use and impact of play therapy with one young, isolated child.



### Zero Degrees of Empathy

by Simon Baron-Cohen  
How can we ever explain human cruelty, and what role does empathy play in our lives?



### Psychology for Beginners

by Usborne  
Aimed at younger readers, this is an ideal book to dip into for a refresher on key topics.



### If Books Could Kill

by Michael Hobbes and Peter Shamshiri  
A witty, smart podcast that deconstructs some of the most popular (and terrible) non-fiction books of the last few decades, including several famous psychology titles.