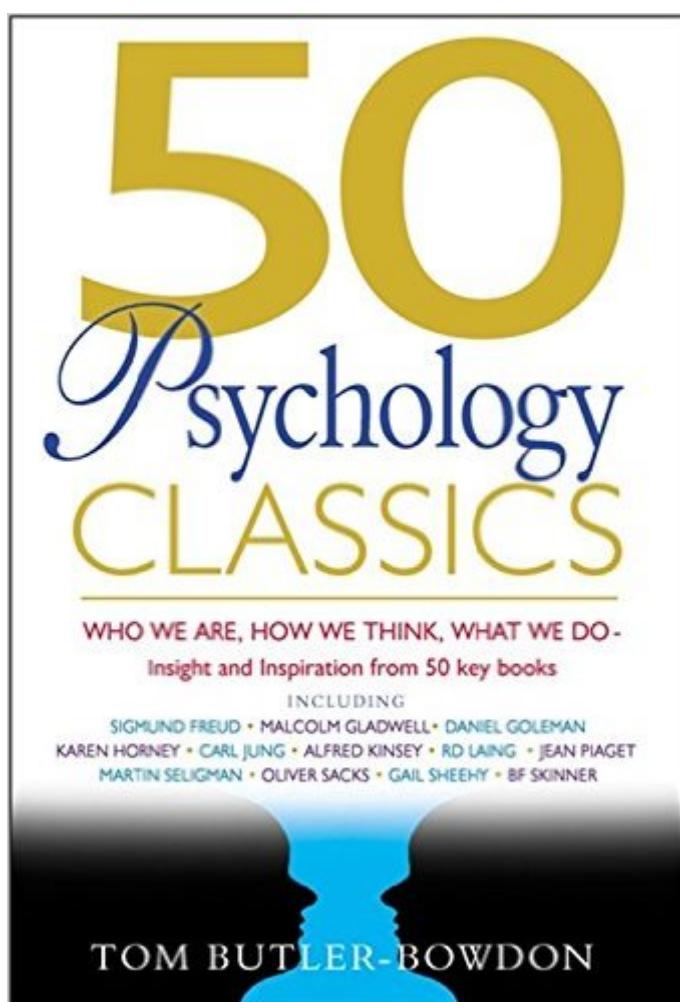


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50 Psychology Classics: Who We Are, How We Think, What We Do: Insight And Inspiration From 50 Key Books (50 Classics)



Synopsis

50 Psychology Classics is a thinking person's guide to popular psychology. In a journey that spans 50 books, hundreds of ideas, and over a century in time, it explores important contemporary writings such as Gladwell's Blink and Seligman's Authentic Happiness as well as wisdom from key figures in psychology's development. Includes commentaries, biographical information, and a guide for further reading.

Book Information

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Customer Reviews

I stumbled upon one of Tom's 50 CLASSICS books while doing an internet search one day, and I was so excited about the concept! For a person like me-- who loves books related to self-help, success, spirituality, and psychology and yet struggles to find time to read the many that are out there, this concept is absolutely ideal. In this busy and information-overloaded world, it's impossible for most of us to read all of the books that Tom has read for each 50 CLASSICS, much less retain the information in each. Thankfully, Tom has done the challenging and time-consuming work to make this important information more accessible for all of us. He has identified some of the most influential authors in each area and summarized their work in a clear and well-organized manner. Furthermore, in the introduction to each of his books, Tom includes a well-written overview of all the authors and books included in each 50 CLASSICS. In these overviews, he further summarizes the books and themes in ways that make the information easy-to-understand and remember. All of this

gives the reader extremely helpful and educational information in a clear, concise format-- and in one book that easily can be reviewed often. I believe that's what it takes to have any hope of truly retaining the main ideas of so many excellent books and truly applying them to make positive changes in one's life. Furthermore, Tom's identification of such interesting authors and books, some of which I hadn't heard of before, has helped me identify some titles that I want to read in their entirety (when I can find the time, of course)--and thankfully, Tom's summaries will always be helpful reminders of the main points.

Kings who sent out explorers would eagerly await the gems, riches, and exotica with which the explorers returned. We all live like relative kings now, and our explorer, Tom Butler-Bowdon has returned once again, this time with rich insights into the human mind. What determines our personality? Is it our genetics, our environment, or circumstantial conditioning? What about our primary motivation? Is it sexual, our will to power, sheer survival, or our desire to close our personal existential gap? Since your mind was already focused on sex, how does our sex affect the way our minds work, and how is the way our minds feel about sex affected by our sex to begin with? And what is going on in the minds of others and how do we best communicate with them? For lifelong learners, this book is another joy. We have the same time leverage provided by 50 Self-Help Classics, 50 Success Classics, and 50 Spiritual Classics. For each work, Tom gives us his consistent format of introductory quotes, the main idea in one sentence, related chapters, the distillation of the work, final comments, and relevant author biographical information. These books have raised the content level of my professional speaking and training faster than any other series. This is high density mind food! Unlike the kings of old, we can easily experience the explorer's destinations by using Butler-Bowdon's book as a travel guide. When you do follow up by reading his chosen classics you will be impressed by his accuracy in crystallizing the essence of the works he has studied. Be the beneficiary of his intellectual journey! ATTENTION: IF YOU ARE A COLLEGE STUDENT TAKING LOW LEVEL PSYCH COURSES, BUY AND READ THIS BOOK.

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