



Psychology

James S. Nairne

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To help students understand the value and usefulness of psychology in their daily lives, Nairne presents PSYCHOLOGY FOR A REASON. Rather than focusing exclusively on the content of psychology -- the "what" -- Nairne infuses each chapter with the "why," -- explaining how our thoughts and actions help us solve the problems we encounter every day. This unique approach allows students to understand the function and purpose of psychology and its topics first -- psychology is no longer presented as a bunch of abstract topics that need to be memorized. This approach promotes critical thinking; as students progress through each chapter, they become engaged as they see the connection between problems and their psychological solutions; they also begin to relate the material to what they already know from their own lives. This theme extends across chapters, offering students a consistent and effective learning framework.

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