50 Psychology Classics: Who We Are, How We Think, What We Do: Insight and Inspiration from 50 Key Books

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With 50 Psychology Classics: Who We Are, How We Think, What We Do-Insight and Inspiration, Tom Butler-Bowdon introduces readers to the great works that explore the very essence of what makes us who we are. Spanning fifty books and hundreds of ideas, 50 Psychology Classics examines some of the most intriguing questions regarding cognitive development and behavioral motivations, summarizing the myriad theories that psychologists have put forth to make sense of the human experience.

Butler-Bowdon covers everything from humanism to psychoanalysis to the fundamental principles where theorists disagree, like nature versus nurture and the existence of free will. In this single book, you will find Carl Jung, Sigmund Freud, Alfred Kinsey, and the most significant contributors to modern psychological thought.

From the author of the bestselling 50 Self-Help Classics, 50 Success Classics, and 50 Spiritual Classics, 50 Psychology Classics will enrich your understanding of the human condition.

Includes:
1. Alfred Adler "Understanding Human Nature" (1927)
2. Gavin Becker "The Gift of Fear" (1997)
3. Eric Berne "Games People Play" (1964)
4. Edward de Bono "Lateral Thinking" (1970)
5. Robert Bolton "People Skills" (1979)
6. Nathaniel Branden "The Psychology of Self-Esteem" (1969)
7. Isabel Briggs Myers "Gifts Differing: Understanding Personality Type" (1980)
8. Louann Brizendine "The Female Brain" (2006)
9. David D Burns "Feeling Good: The New Mood Therapy" (1980)
10. Robert Cialdini "Influence: The Psychology of Persuasion" (1984)
11. Mihaly Csikszentmihalyi "Creativity" (1997)
12. Albert Ellis & Robert Harper (1961) "A Guide To Rational Living" (1961)
13. Milton Erickson "My Voice Will Go With You" (1982) by Sidney Rosen
14. Eric Erikson "Young Man Luther" (1958)
15. Hans Eysenck "Dimensions of Personality" (1947)
16. Susan Forward "Emotional Blackmail" (1997)
17. Viktor Frankl "The Will to Meaning" (1969)
18. Anna Freud "The Ego and the Mechanisms of Defense" (1936)
19. Sigmund Freud "The Interpretation of Dreams" (1901)
20. Howard Gardner "Frames of Mind: The Theory of Multiple Intelligences" (1983)
21. Daniel Gilbert "Stumbling on Happiness" (2006)
22. Malcolm Gladwell "Blink: The Power of Thinking Without Thinking" (2005)
23. Daniel Goleman "Emotional Intelligence at Work" (1998)
24. John M Gottman "The Seven Principles for Making Marriage Work" (1999)
25. Harry Harlow "The Nature of Love" (1958)

26. Thomas A Harris "I'm OK - You're OK" (1967)
27. Eric Hoffer "The True Believer: Thoughts on the Nature of Mass Movements" (1951)
28. Karen Horney "Our Inner Conflicts" (1945)
29. William James "Principles of Psychology" (1890)
30. Carl Jung "The Archetypes and the Collective Unconscious" (1953)
31. Alfred Kinsey "Sexual Behavior in the Human Female" (1953)
32. Melanie Klein "Envy and Gratitude" (1975)
33. RD Laing "The Divided Self" (1959)
34. Abraham Maslow "The Farther Reaches of Human Nature" (1970)
35. Stanley Milgram "Obedience To Authority" (1974)
36. Anne Moir & David Jessel "Brainsex: The Real Difference Between Men and Women" (1989)
37. IP Pavlov "Conditioned Reflexes" (1927)
38. Fritz Perls "Gestalt Therapy: Excitement and Growth in the Human Personality" (1951)
39. Jean Piaget "The Language and Thought of the Child" (1966)
40. Steven Pinker "The Blank Slate: The Modern Denial of Human Nature" (2002)
41. VS Ramachandran "Phantoms in the Brain" (1998)
42. Carl Rogers "On Becoming a Person" (1961)
43. Oliver Sacks "The Man Who Mistook His Wife for a Hat" (1970)
44. Barry Schwartz "The Paradox of Choice: Why More is Less" (2004)
45. Martin Seligman "Authentic Happiness" (2002)
46. Gail Sheehy "Passages: Predictable Crises of Adult Life" (1974)
47. BF Skinner "Beyond Freedom & Dignity" (1953)
48. Douglas Stone, Bruce Patton & Sheila Heen "Difficult Conversations" (2000)
49. William Styron "Darkness Visible" (1990)
50. Robert E Thayer "The Origin of Everyday Moods" (1996)

50 Psychology Classics: Who We Are, How We Think, What We Do: Insight and Inspiration from 50 Key Books Details

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From Reader Review 50 Psychology Classics: Who We Are, How We Think, What We Do: Insight and Inspiration from 50 Key Books for online ebook

Erwin says

I've got to give Tom Butler-Bowdon credit. At first I was quite skeptical of his work, as he doesn't really add a lot of value in his writing - he's really just summarizing the works of other writers.

However, after reading 50 Prosperity Classics: Attract It, Create It, Manage It, Share It and 50 Success Classics: Winning Wisdom for Life and Work from 50 Landmark Books, I've got to give Butler-Bowdon credit for mastering such a large body of knowledge.

He focuses on the clear, the practical, the "relevant", but without being an accountant about it. He doesn't loose sight of the art, the emotion, the humanity of the material he's covering. He has good judgement, and does an excellent job wading through all of the material and choosing to cover works relevant to the wider audience.

I don't think that reading many of Butler-Bowdon's summaries are substitutes for reading the actual books he's covering, but it does help to familiarize yourself with a broad body of knowledge, and quickly focus on the books that are the most relevant to your own purposes.

Well worth your time!

Ty-Orion says

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Tim Pendry says

This book is an easy introduction to the current state of popular psychology (or rather to the arrival of serious psychological research into mainstream culture).

It is particularly valuable for anyone whose education in these matters ended before the massive flow of insights since the early 1980s on sexual difference, techniques of persuasion, emotional intelligence and the actual rather than theoretical workings of the unconscious.

A quiet revolution has taken place since the Generation of '68 stopped reading and started working. It helps

to explain a lot about the disconnect between the political classes of the West and both the academic community and those who are under 35 - and why the latter have taken a conservative turn that often mystifies their elders.

The psychologists are a-political in general but their findings generally place to one side and forever the theory of the 'blank slate' that has driven so much progressive thinking for so long.

Men and women are now recognised as thinking profoundly differently for very fundamental hormonal and brain structure reasons. Society is better for that common sense realisation - even if ageing feminists of both sexes just cannot get their head around this fact of life.

The new gender psychology gives its due to both sexes' rights to negotiate their own sexual identity and remain responsible for themselves. I guess that our kids are going to be a lot more 'together' (on average) than anyone hitting their late 30s and above.

As for the manipulative aspects of psychology, thinking on these matters started as early as Stanley Milgram's experiments and the analyses of the Jonestown massacre in the 1970s.

It has taken almost thirty years and Abu Ghraib (and recent child abuse scandals) for it to sink into public consciousness that any claim of authority must be looked on with a very jaundiced eye if we are to avoid being dragged back into the social criminalities of the last century.

This, too, is fundamentally political. If the rising generations are conservative, they are also profoundly distrusting of the State and libertarian - and often more highly educated and resistant to the persuasive techniques of the market.

They will accept the latter but only as a form of permanent consumer-led entertainment, a process helped by the critical role of new technologies in moving sentiment against those who would manipulate too crassly. On the other hand, through movements like NLP, 'manipulation' has become democratised, creating an uncertain environment in interpersonal relations.

It may take a while for these changes to work through the system. Post-35 voters clearly dominate the agenda in recent US elections (this review has been revised slightly since it was originally written in 2008).

Each book is covered in a short, usually six-page, summary, that helps one choose which books might be chosen to read later because of one's particular interests.

The author (who has produced recent similar guides on self-help, spiritual and wealth creation) has a talent for distilling complex arguments into sufficient narrative that you move on feeling that you have both learnt something and want to learn more.

The only quibble is a common irritation that publishers always seem to insist on introducing books or ideas alphabetically - an irrational approach derived from the dictionary and encyclopedia. This is wholly inappropriate for contextual learning, ironically showing that the publishers and author (in this case) have not mentally moved on from older patterns of thinking.

This approach weakens the reader's ability to see how the discipline of psychology has developed, from William James, Sigmund Freud and Jean Piaget to Pinker, Seligman, Schwartz, Gladwell, Brizendine and Gilbert.

Fortunately, the author is intelligent enough to provide a useful introduction on the 'themes' at the beginning of the book and then a chronological list of texts (and another 50 influential books also introduced chronologically) at the back. Highly recommended.

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Fathy Sroor says

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Khalid Almoghrabi says

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Amir Tesla says

This book as the title implies, briefly surveys 50 psychology classics. Is the abstractions good enough to provide you with the big picture? I don't think so.

I couldn't figure out what the purpose of this book was, yet I managed to add several titles for further readings.

Amongst these 50 titles I already have consumed 8 of them and the presentations provided in the book by no means were crafted in a worthy manner.

So, I would not recommend this book since it neither provides you with any cohere history of psychology nor would it serve as a proper introduction to the titles included.

I guess I have a mild OCD of having to finish what I've started, so that's why I've tolerated the shallowness of the book :D

Dalia says

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Mahmut Homsi says

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http://takemyfile.com/7715534

Farzaneh says

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Matthew Johnson says

In an effort to become the supreme expert on everything important within my friend cycle I have been reading smart not hard.

To cover the natural sciences I simply read "A short history of nearly everything"; for history a read "The story of man", "The Mental Floss History of the World" and "Fifty Things You Need to Know about World History"; I covered genetics and biology in one with Richard Dawkins "The selfish gene"; Philosophy was more difficult and I might have made the wrong move with "The history of western philosophy" which seems too complex for beginners; Managed to learn about Hinduism and cognitive science in one go with "The embodied mind"; And most of both neuroscience and evolutionary psychology beautifully summarised by the great Robert Winston in "The human mind" and "Human instinct" respectively.

Most recently I have been saved the trouble of reading 50 psychology classics which is fantastic because truthfully a lot of these books (particularly the older ones) did strike me as unscientific nonsense. But even those were made interesting when given the context of the ideas, the story of the author and the way their ideas shaped attitudes since.

However many of these books really struck a cord with my own thinking and I am extremely grateful to the author for getting the main points across in a mere chapter.

The gems for me were; "I'm Ok- youre ok", "The seven principals for making marriage work", "Obedience to authority", "The will to meaning" and definitely Skinners "Beyond Freedom and Dignity".

I think I will also go and actually read "The origin of everyday mood" and "The paradox of choice".

Aljazi Al-Maghlouth says

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Trevor says

I feel that I've missed out on a large part of my education and am only coming to terms now with the breadth of my ignorance in many fields. One of those is Psychology, which up until recently I had mostly disregarded as being philosophy for those not really smart enough to do philosophy.

But I've found myself becoming increasingly fascinated by the consistent and logically surprising errors we humans are all too prone to. It seems there is more to psychology than either wanting to have sex with one's mother or racing mice through a maze. And this more has implications for ethics, political science, economics and why I have put on so much weight lately (that is, questions I am deeply interested in) that I can no longer afford the luxury of ignoring psychology by referring to it as a 'science' whilst sniggering behind my hand.

So, what to do? My good friends on good reads have been keeping me busy with suggested titles; too many, to be honest. But even that hasn't proven to be enough. When I saw this one I decided this would be just the thing to give me just enough of an introduction to the vast world of psychology.

Okay, this actually gives an introduction to the wonderful world of Popular Psychology, but given it also included summaries of some of the works of Freud (or as that Bill and Ted refer to him – Frood Dude), Adler, Pinker, Sacks, Erickson and so, I figured it would probably be a more than adequate summary of the field.

Some of these books I've already read. Pinker's Blank Slate, for example, and Gladwell's Blink. Others I've read other books by the same author. I haven't read Sack's The Man who Mistook His Wife for a Hat, but I have read his Seeing Voices, Island of the Colour Blind and Awakenings. It looks like I will need to read the

first mentioned now too.

There are other books here that I had already decided to not read. And this shows one of the real advantages on this site. One quite quickly learns to trust the opinions of certain people here. For example, I really enjoyed a review by Jennie of The Female Brain (http://www.goodreads.com/review/show/...) mostly because what she had to say more or less confirmed by prejudices on a lot of what is said about the differences between male and female brains. Having been brought up with two sisters and a brother a lot of what passes for absolute differences between the sexes strikes me as tending towards the lies or possibly even damned lies end of the statistics continuum. The review in this book did nothing to change my view or to invalidate Jennie's visceral reaction to the book.

This book is well worth reading – especially if you are like me and haven't read as many of these books as perhaps I should have. It is beautifully structured. Firstly, it is alphabetical, by author. Now, why I like this is because ever since Darwin we have tended to have an incredibly stupid idea that knowledge 'evolves' and that stuff that was written a long time ago is simply not as worthwhile as stuff that was written recently. Sometimes this is the case – especially in a fast developing field like psychology – but often it is just nonsense. Alphabetical mixed up the authors in a nice way and gets rid of our internal ladder that would have been there if the books had been arranged by publication date, for example.

One of the things that struck me was how many of these people had changed their names – and not just their first names, but even their surnames. I've said elsewhere that I have been finding how unimaginative I am, and this is another instance. It would literally never occur to me to change my surname.

The other interesting thing about the structure of this one is that the reviews of each of the texts is structured so that you get some quotes from the book, then the idea of the book in a nutshell, then a discussion of the content of the book, then some final thoughts summing up the book, then a brief biog of the writer. As I said, I've read some of these books already and so found the reviews contained in this book as good as some of the best reviews provided here on this site. These are Manny quality reviews.

Many of the books I will do no more than read the reviews printed here. I'm just not interested enough in psychosis or other dysfunctions to be bothered reading further on these subjects. But some of these reviews have made me want to read more of the authors discussed. V. S. Ramachandran is definitely one of those. His work on phantom limbs was one of the most interesting things discussed in The Mind that Changes Itself. He sounds like an utterly fascinating character.

The other is Stumbling On Happiness, which I'm about half way through already (having only started it yesterday) and is proving to be one of the best books I've read in ages. Unfortunately, I've been reading so many books on these topics lately that my head is spinning a little. Like I said, I feel like a whole world has been opened up for me and I'm a little like the kids in Charlie and the Chocolate Factory after they are first let loose amongst all of the delights.

So, for what this book seeks to achieve, it achieves it very well.

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