


# Cognitive Psychology For Dummies (For Dummies (Lifestyle))

*By Peter J. Hills, Michael Pake*

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**Demystify the core concepts of cognitive psychology**

Written specifically for psychology students – and not other academics - *Cognitive Psychology For Dummies* is an accessible and entertaining introduction to the field. Unlike the dense and jargon-laden content found in most psychology textbooks, this practical guide provides readers with easy-to-understand explanations of the fundamental elements of cognitive psychology so that they are able obtain a firm grasp of the material.

*Cognitive Psychology For Dummies* follows the structure of a typical university course, which makes it the perfect supplement for students in need of a clear and enjoyable overview of the topic. The complexities of a field that explores internal mental processes – including the study of how people perceive, remember, think, speak, and solve problems – can be overwhelming for first-year psychology students. This practical resource cuts through the academic-speak to provide a clear understanding of the most important elements of cognitive psychology.

- Obtain a practical understanding of the core concepts of cognitive psychology
- Supplement required course reading with clear and easy-to-understand overviews
- Gain confidence in your ability to apply your knowledge of cognitive psychology
- Prepare for upcoming exams or topic discussions

*Cognitive Psychology For Dummies* is the perfect resource for psychology students who need a clear and readable overview of the core concepts of cognitive psychology.

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## Editorial Review

From the Back Cover

***Learn to:***

- Grasp the fundamentals of cognitive psychology
- Apply key concepts concerning perception, memory, language and thought
- Write better research reports

**Demystify the core concepts of cognitive psychology**

Written specifically for psychology students and professionals, this hands-on guide provides an accessible and entertaining introduction to the field of cognitive psychology. Unlike the dense and jargon-laden content found in most psychology textbooks, it offers easy-to-understand explanations of the fundamental elements of cognitive psychology, giving you a firm grasp of the material.

- **Put the 'fun' in fundamentals** — get a fascinating introduction to the field of cognitive psychology, from its history and relationship to other areas of psychology to how it's now studied
- **Go cerebral** — discover how cognitive psychology can be applied in the real world and find useful pointers for how you can use it to aid your learning
- **It's all about perception** — grasp how sensation, visual perception, object processing and attention play a major role in psychology
- **Forget about it** — understand how short and long-term memory work, why we don't remember everything we've learnt and how critical aspects of everyday memory function
- **Something to talk about** — find out the role that language and thought play in cognitive abilities

**Open the book and find:**

- Cognitive models that are used to explain rationality
- How humans solve simple and complex problems
- The cognitive processes involved in making decisions
- How emotion affects thought
- Ten eye-opening case studies
- Do's and don'ts for writing research reports

About the Author

**Dr Peter J. Hills, PhD,** is a principal lecturer and Head of Education in psychology at Bournemouth University. **Dr J Michael Pake** is a senior lecturer in Psychology at Anglia Ruskin University.

## Users Review

**From reader reviews:**

**Mary Davis:**

Your reading 6th sense will not betray you actually, why because this Cognitive Psychology For Dummies (For Dummies (Lifestyle)) guide written by well-known writer who really knows well how to make book that could be understand by anyone who have read the book. Written with good manner for you, dripping every ideas and producing skill only for eliminate your own personal hunger then you still hesitation Cognitive Psychology For Dummies (For Dummies (Lifestyle)) as good book not merely by the cover but also with the content. This is one guide that can break don't judge book by its cover, so do you still needing yet another sixth sense to pick this!? Oh come on your looking at sixth sense already told you so why you have to listening to an additional sixth sense.

**Madeline Pastrana:**

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