



# Psychology For Dummies

*Adam Cash*

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# Psychology For Dummies

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With this book as your guide, you'll: gain profound insights into human nature; understand yourself better; make sense of individual and group behaviors; explore different approaches in psychology; recognize problems in yourself and others; make informed choices when seeking psychological counseling; and much more.

- Shows you how understanding human psychology can help you make better decisions, avoid things that cause stress, manage your time to a greater degree, and set goals
- Helps you make informed choices when seeking psychological counseling
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