

Routledge

# The Psychology of Everything Series



# Welcome to the Psychology of Everything series catalogue.

People are fascinated by psychology, and what makes humans tick. Why do we think and behave the way we do? We've all met armchair psychologists claiming to have the answers, and people that ask if psychologists can tell what they're thinking. The Psychology of Everything is a series of books which debunk the popular myths and pseudo-science surrounding some of life's biggest questions.

The series explores the hidden psychological factors that drive us, from our subconscious desires and aversions, to our natural social instincts. Absorbing, informative, and always intriguing, each book is written by an expert in the field, examining how research-based knowledge compares with popular wisdom, and showing how psychology can truly enrich our understanding of modern life.

Applying a psychological lens to an array of topics and contemporary concerns - from sex, to fashion, to conspiracy theories - The Psychology of Everything will make you look at everything in a new way.

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## The Psychology of Addiction



**Jenny Svanberg** Stirling Community Hospital, UK

*Series: The Psychology of Everything*

This accessible book takes a psychological approach to understanding addiction. It considers key questions and myths surrounding addiction such as 'how do people get hooked?' and 'can you recover from addiction?' Using examples from popular culture, the book also draws on psychological and neuroscientific theories and sets addiction in a social context, comparing drug addiction with other types such as gambling and sex. It goes on to consider addiction recovery and different therapies such as mindfulness, suggesting a compassionate approach to understanding addiction may lead to changes in drug policy. It will be of interest to anyone looking for a psychological understanding of addiction.

Routledge  
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Pb: 978-1-138-20728-8 : **£12.99**  
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eBook: 978-1-315-46265-3

\* For full contents and more information, visit: [www.routledge.com/9781138207288](http://www.routledge.com/9781138207288)

## The Psychology of Art



**George Mather** University of Lincoln, UK

*Series: The Psychology of Everything*

How do we define art? Why do we want to create artistic works? How does the brain inform aesthetic judgement? The Psychology of Art provides an eclectic introduction to the myriad ways that psychology can enrich our understanding and appreciation of art. The book draws on scientific approaches to the study of human sensation and perception, bridging the gap between psychology and traditional approaches to art taken in the humanities. With art as a constant source of inspiration, conflict, and conversation, The Psychology of Art introduces the reader to new ways of thinking about why and how we create and consume art.

Routledge  
October 2020 : 150pp  
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eBook: 978-0-429-27592-0

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## The Psychology of Artificial Intelligence



**Tony Prescott**

*Series: The Psychology of Everything*

The Psychology of AI explores all aspects of the psychology–AI relationship, asking how closely AI can resemble humans, and whether this means they could have some form of self-awareness. It considers how AI systems have been developed using human intelligence models and the similarities between brains and computers, along with the current limitations of AI and how these could be overcome in the future. It also looks at how people interact with AI in their everyday lives, questioning some of the ethical and societal risks, such as bias in AI algorithms, and the consequences for our long-term future if AIs do surpass humans in important ways.

Routledge  
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## The Psychology of Attachment



**Robbie Duschinsky , Pehr Granqvist , Tommie Forslund**

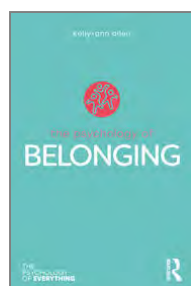
*Series: The Psychology of Everything*

What do we actually mean by 'attachment'? How do different caregiving styles impact attachment in children? How do early caregiving experiences impact later development? The Psychology of Attachment is an essential introduction to attachment, offering an accessible explanation of the theory, unpicking common misunderstandings, and providing a balanced overview of key research findings. This unique book introduces the reader to new ways of thinking about the role of relationships, caregiving, and child development, and the way in which they shape our lives.

Routledge  
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## The Psychology of Belonging



**Kelly-Ann Allen** Monash University, Australia

*Series: The Psychology of Everything*

The Psychology of Belonging explores why feeling like we belong is so important throughout our lives, from childhood to old age, irrespective of culture, race, or geography. With its virtues and shortcomings, belonging to groups such as families, social groups, schools, workplaces, and communities, is fundamental to our identity and wellbeing, even in a time where technology has changed the way we connect with each other. In a world where loneliness and social isolation is on the rise, The Psychology of Belonging shows how meaningful connections can build a sense of belonging for all of us.

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## The Psychology of Celebrity



**Gayle Stever**

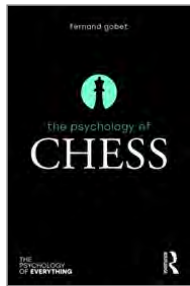
*Series: The Psychology of Everything*

This accessible book examines the psychology of celebrity in relation to a culture perpetually focused on fame and the lives of celebrities. Using psychological theories, it explores the positive and negative outcomes of celebrity influence, the relationships celebrities have with their fans, and the concepts that shape our perception of and thinking about celebrities. The author examines historical perspectives, and addresses the way in which the media has been and continues to be an outlet for celebrities, culminating in the role of social media and technology in our modern society. This is the ideal introduction to the psychology of celebrity for students and general readers.

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## The Psychology of Chess



**Fernand Gobet**

*Series: The Psychology of Everything*

The Psychology of Chess will provide a comprehensive introduction to the psychological aspects of one of the world's most played games. Drawing on an extensive body of literature, the book explores the cognitive functions involved in playing chess, discussing diverse topics such as perception and memory in chess thinking, pattern recognition, and skill acquisition. The book will also consider contemporary areas of research within the field, including brain training, artificial intuition, and the prevalence of psychiatric disorders in chess players.

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## The Psychology of Climate Change



**Geoffrey Beattie, Laura McGuire**

*Series: The Psychology of Everything*

This book offers a psychological perspective on the current thinking on climate change, an issue of major global importance. The authors seek to demonstrate that there's a significant psychological issue connected with climate change in relation to the development of the climate change debate, optimism bias, the failure of climate change initiatives, and our attitudes towards the environment. There is also discussion of how behaviour in relation to climate change can be changed, to go some way to resolve the mistakes that have been made in the past in relation to our environment. This is fascinating readers for students, general readers and policy makers interested in climate change.

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## The Psychology of Comedy



**G. Neil Martin**

*Series: The Psychology of Everything*

This book provides a unique insight into the role of laughter and humour in our lives. From the mechanics of comedy and what makes a good joke, to the health benefits of laughter, the book delves into different types of comedy, from slapstick to complex puns, and the physiological response it provokes. The dark side of comedy is also considered, confronting the idea that what is funny to some can be offensive to others, making this universal experience also highly subjective. In a time when comedy continues to be one of the most popular and enduring forms of art, The Psychology of Comedy reminds us that laughter really is good for the soul.

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## The Psychology of Conspiracy Theories



**Jan-Willem Prooijsen**

*Series: The Psychology of Everything*

The Psychology of Conspiracy Theories presents an engaging introduction to the origins of widespread belief in conspiracy theories. Through a discussion of the history of conspiracy theories, the book will debunk the myth that they are a modern phenomenon, exploring the broad contexts they can appear in from politics to the workplace. It will then go on to consider why some people are more susceptible to these beliefs than others, and why such beliefs are not a pathological trait. The book draws on a wealth of examples surrounding events and issues such as the 9/11 terrorist attacks and climate change.

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## The Psychology of Counselling



**Marie Percival**

*Series: The Psychology of Everything*

The Psychology of Counselling explains the different approaches to therapy and how they are used in practice, giving information on what counselling can help with and what it cannot do. It looks at cognitive and behavioural therapies, psychoanalysis, and humanistic psychology, as well as exploring positive psychotherapy and the move away from a disease-based approach to counselling. The text sheds light on the therapeutic process, what it involves, and how it works, to help all those seeking assistance for relieving emotional or psychological issues and improving their psychological wellness.

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## The Psychology of Democracy



**Darren G. Lilleker, Billur Aslan Ozgul**

*Series: The Psychology of Everything*

This book explains the psychological underpinnings behind why people engage with and participate in politics. Covering the influence that political campaigns and media play, it analyses real-world political events including the Trump administration, Brexit, the Arab Spring, and Gezi Park, taking the reader on a journey from engagement with a political news item all the way through to taking to the streets to protest government policy and action. In an age of post-truth and populism, this book shows us how a strong democracy depends upon the feelings and emotions of its citizens, from trust, belonging, empowerment and representation, as much as on electoral processes.

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## The Psychology of Dieting



**Jane Ogden**

*Series: The Psychology of Everything*

In an era of increasing obesity and its attendant health issues, for some people dieting is almost a matter of life and death. For others, wracked by body dissatisfaction, dieting can be similarly dangerous. In the Psychology of Dieting, health psychologist Jane Ogden offers a clear-sighted overview of why some of us become overweight and why losing weight is so difficult. Citing the latest research, and exploring the cognitive, social and emotional triggers which lead us to make poor decisions around food, it builds to provide a guide to how we can change our behaviour to lose weight and lead healthier lives.

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## The Psychology of Dog Ownership



**Theresa Barlow, Craig Roberts**

*Series: The Psychology of Everything*

The Psychology of Dog Ownership explores the relationship between people and their dogs from a psychological perspective. It examines the mechanisms involved in both typical and atypical dog behaviours and challenges common misconceptions in the management of our dogs. It covers topics such as canine socialisation processes, developmental phases and the impact of the domesticated environment. It explains the reasons why the dog-owner bond can break down and offers guidance on how to reverse these behaviours. It is essential reading for all contemporary dog owners as well as students and professionals in animal management and animal care, and animal behaviour therapy.

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**Josie Malinowski**

*Series: The Psychology of Everything*

The Psychology of Dreaming will delve into the last 100 years of dream research to provide a thought-provoking introduction to dreaming. Beginning with an account of the history of modern psychological dream research, the book will also explore the role that dreaming plays in consolidating memories, problem-solving, and processing emotions. Using the latest scientific research, the book will discuss the evidence for dream-based therapy, precognitive dreaming, and how rapid improvements in technology affect our dreams. It draws on a range of cognitive, experimental, and theoretical research, and will be of interest to anyone who has wondered why we dream and how it works.

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## Psychology of Driving



**Graham J. Hole** University of Sussex, United Kingdom

*Series: The Psychology of Everything*

Driving is an integral part of millions of people's lives on a daily basis, but how much do we really know about all of the processes involved in this everyday task? In The Psychology of Driving, Graham Hole provides an insight into what our brains are actually doing when we drive. Drawing on a broad range of psychological research, the book will explore topics as diverse as the role personality plays in the way that we drive, to the effects of aging on the cognitive process involved in driving. It will be essential reading for all students of driver behaviour and psychology, as well as anyone generally interested in why we drive the way we do.

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## The Psychology of Exercise



**Josephine Perry**

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Do we exercise enough? Why should we exercise? Can everyone exercise? The Psychology of Exercise explores the key theories, ideas and impacts of life stages on exercise behaviours. Perry explores the barriers and motivators to exercise for children, adolescents, adults and retirees. The book also considers the impacts of social class, gender and ethnicity on the exercise habits and behaviours of people within each age group. Using real-life case studies and expert opinions, Perry considers the importance of exercise in light of major health changes and crisis.

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**Carolyn Mair**

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## The Psychology of Gardening



**Harriet Gross**

*Series: The Psychology of Everything*

The Psychology of Gardening is the first book of its kind to explore gardening from a psychological perspective. Research shows that positive effects of gardening arise from both active physical participation and experiencing nearby nature. The book highlights how both these elements contribute to our understanding of the benefits of gardening. Each chapter reviews a different aspect of gardening experience, demonstrating how individual, evolutionary and social psychological theories offer new insights into a very familiar activity. The book will be of great interest to students in environmental psychology as well as members of the horticultural society and those interested in gardening.

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## The Psychology of Gender



**Gary Wood**

*Series: The Psychology of Everything*

The Psychology of Gender offers a concise and accessible introduction to the psychology of gender by drawing on biological, historical and cultural perspectives to consider the impact of gender roles on the individual, relationships and society in general. Topics covered include gender roles, sex differences, gender stereotypes, transgender and cisgender identities, and androgyny. The book is a cross-discipline review that offers a complete psychology of gender and addresses the 'dilemmas' we have regarding gender in a post-modern world. This is the ideal introductory resource for students on a range of courses who are starting to explore gender, and general readers interested in this topic.

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## The Psychology of Grief



**Richard Gross**

*Series: The Psychology of Everything*

Everyone, at some point in their lives, experiences bereavement and the feelings of grief that accompany it. The Psychology of Grief offers not only an overview of how psychologists have sought to explain this most human emotion, but also the way grief is understood in different social, religious and historical contexts. Including individual accounts, the book examines how we attempt to make sense of the world in the aftermath of losing a loved one, as well as the social rules and norms which frame that process. An intelligent and humane account, the book debunks myths around the 'stages' of grieving, as well as examining the evidence for personal growth in the wake of bereavement.

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## The Psychology of Happiness



**Peter Warr** University of Sheffield, UK

*Series: The Psychology of Everything*

From our patterns of thinking to the influence of government policies, this concise volume gives an insightful overview of the many psychological factors that affect our happiness and mental well-being. While happiness can mean anything from hedonic pleasure to spiritual growth, an explosion of research into defining and measuring its core qualities reflects just how important being happy is to the human condition. Covering the impact of our personalities, our physical health, the life events we experience, our social networks, and the wider communities and environments in which we live, this is an invaluable guide to what psychology has discovered about human happiness.

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## The Psychology of Intelligence



**Sonja Falck**

*Series: The Psychology of Everything*

What fascinates us about intelligence? How do attitudes to intelligence shape a society? Can we overcome our fears and prejudices about intelligence? Sonja Falck shows there have been two main eras in Western society's way of engaging with the phenomenon of intelligence, and that we are on the brink of a third. She explains the psychology that underlies the contradictory psychosocial reactions and interventions surrounding intelligence seen over the decades alongside ongoing neurobiological studies of intelligence. Her thought-provoking analysis challenges popular assumptions and is applied to show how we can benefit from embracing intelligence in ourselves and others as a fact of life.

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## The Psychology of Memory



**Megan Sumeracki , Althea Need Kaminske**

*Series: The Psychology of Everything*

The Psychology of Memory provides a unique insight into a fundamental part of being human, debunking many common misconceptions about what memory is, how memory works, and the accuracy of our memories. It explores the complexity of human memory, looking at how we remember different types of information and the impact of issues like ageing and emotion on how we create, store, and retrieve memories. Treating memory as malleable, dynamic, and active, The Psychology of Memory teaches us about how our individual memories function, and how we can harness this to see memory in a new way; to use the past, our experiences and information, in service of the present and future.

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## The Psychology of Menopause



**Marie Percival**

*Series: The Psychology of Everything*

The Psychology of Menopause provides a useful and positive guide to understanding the psychological, social, and sexual changes that occur during and following menopause. Going beyond hot flushes and HRT, it focuses on how to enhance psychological wellbeing by looking at the science behind women's lived experiences of perimenopause and post-menopause. The book explores key psychological issues during this transition, such as the risk factors associated with mood and anxiety, the changing social and personal roles for women at midlife, the impact on relationships, and the reasons for brain fog.

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## Psychology of Music



**Susan Hallam**

*Series: The Psychology of Everything*

This book covers key concepts relating to the psychology of music including the evolutionary purpose of music, the processing of music, musical ability, and musical skills. It also examines the impact music has on everyday life and on health and well-being, and the benefits of music to intellectual functioning. It covers the way in which music enriches humanity, how it relates to religion and spirituality, and how it used to enhance and manipulate people. This is the ideal introductory resource for students on a range of courses who are exploring music in relation to psychology, as well as general readers interested in this topic.

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## The Psychology of Performance



**Stewart Cotterill** University of Winchester, UK

*Series: The Psychology of Everything*

The Psychology of Performance explores the key psychological factors that affect our ability to cope under pressure, whether it's competing in a sport, appearing in front of an audience, or meeting a tight deadline. From the development of skills through learning and practice, to how self-confidence and decision-making can be honed to boost our expertise, the book discusses the major topics in the field. Also including a chapter on how physiological state influences mood and cognition, this is the ideal primer either for students new to this topic, or coaches and performers looking for a concise and accessible overview on the intrinsic link between mind and performance.

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## The Psychology of Politics



**Barry Richards**

*Series: The Psychology of Everything*

This accessible book examines key psychological ideas in relation to contemporary politics. It shows how the emotions which underpin everyday life are also vital in what happens on the political stage and draws on psychoanalytic ideas to explore how our societies and cultures are changing. Topics such as leaders, conflicts, democracies, and ideologies are analysed in relation to psychological theories, and the author demonstrates how fear and passion shapes the political sphere. This is the ideal introductory resource for students on a range of courses who are exploring politics in relation to psychology, as well as general readers interested in this topic.

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**Richard Gross** Independent Scholar, UK

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Routledge

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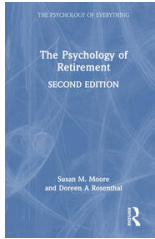
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**Meg John Barker** The Open University, UK

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Pb: 978-1-032-86975-9 : **£12.99**  
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**Neil Shortland**

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What is terrorism? Can anyone be radicalized? How can we respond to terrorist acts? The Psychology of Terrorism seeks to explain why some acts of violence are considered terrorism, and others are not, and why some individuals may be more susceptible to engaging in terrorist behavior. Debunking myths and lazy stereotypes, the book delves into some of the most shocking atrocities of our times to discuss the complex psychological characteristics of individual terrorists, organised groups, and their acts. Whilst there is no simple solution, The Psychology of Terrorism shows us that a growing reverse radicalization movement and modern interventionist techniques can give us hope for the future.

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The Psychology of the Paranormal presents an engaging introduction to belief in, and experience of, the paranormal. Large proportions of the world's population believe in some form of paranormal phenomena, and this book will consider the existence of supporting evidence, as well offer important insights into the origins of human belief systems. Featuring coverage of psychic communication, alien contact, and astrology, this book is an essential read for anyone looking to understand why paranormal beliefs are so widespread.

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**Ken Rotenberg** University of Keele, UK

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March 2018 : 122pp

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The Psychology of Vaccination identifies the social psychological drivers of vaccine mindsets, to explore why some people choose to be vaccinated, some are hesitant, and others refuse. It explores the socio-demographic factors related to vaccine hesitancy and considers the role of motivation in making this health decision. The book focuses on how individuals are social beings, inserted into a web of influences that guide their behaviour, and considers the impact this may have on their health choices. The text offers an insightful look at our health behaviours and considers whether it is possible to affect health behaviour change.

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**David Cohen**

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The Psychology of Vampires investigates why the legend of the vampire continues to haunt popular imagination. In this entertaining book, the author describes the origins of the vampire in myth and history, and the psychological and cultural theories which try to explain why they fascinate us. Weaving in a biographical account of John Polidori who wrote the first vampire tale, this book explores psychoanalytic and psychiatric theories of vampires, the dynamics of contemporary vampire groups and the vampire's cultural legacy. It is valuable reading for courses on psychological and psychiatric approaches to myth and folklore within psychology, mental health and cultural theory.

Routledge

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**Celia Hodent**

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The Psychology of Video Games introduces the curious reader to the relationship between psychology and video games from the perspective of both game makers and players. Assuming no specialist knowledge, this concise, approachable guide is a starter book for anyone intrigued by what makes video games engaging and what is their psychological impact on gamers. It digests the research exploring the benefits gaming can have on players in relation to education and healthcare, considers the concerns over potential negative impacts such as pathological gaming, and concludes with some ethics considerations.

Routledge

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**Trevor Harley** University of Dundee

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Routledge  
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**Gary Wood**

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Part of the Psychology of Everything series, this book focuses on psychological and emotional wellbeing and offers an accessible introduction to the topic. It also explores narrative psychology as a way to think about cultural and historical views of normality and wellness. The author offers a critique of the self-help industry including pop-psychology myths and includes a critical review of evidence-based models of wellbeing and associated concepts from positive psychology. The book emphasizes reflective learning and invites readers to re-evaluate individual definitions of wellbeing throughout the book, making it valuable reading for students, professionals, and general readers.

Routledge  
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Pb: 978-0-367-89808-3 : **£12.99**  
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**Toon Taris** University of Utrecht, the Netherlands

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