

Mastering The World Of Psychology 4th Edition

An introduction to psychology that focuses on applications to students' own lives Revel(TM) Mastering the World of Psychology provides students a solid introduction to the diverse field of psychology -- and how it applies to their lives. Authors Samuel Wood, Ellen Green Wood, and Denise Boyd present theory and research in an engaging and accessible fashion, with plenty of opportunities for students to test their understanding and hone their critical-thinking skills. The Sixth Edition has been thoroughly updated and now incorporates several contemporary themes in order to give students an up-to-date view of the discipline. Revel is Pearson's newest way of delivering our respected content. Fully digital and highly engaging, Revel replaces the textbook and gives students everything they need for the course. Informed by extensive research on how people read, think, and learn, Revel is an interactive learning environment that enables students to read, practice, and study in one continuous experience -- for less than the cost of a traditional textbook. NOTE: Revel is a fully digital delivery of Pearson content. This ISBN is for the standalone Revel access card. In addition to this access card, you will need a course invite link, provided by your instructor, to register for and use Revel.

THE SMARTEST TRADES. THE HOTTEST MARKETS. THE ONLY BOOK YOU NEED. You don't have to be a professional trader to win big in the stock market. That's what Anne-Marie Baiynd learned when she changed her career from neuroscience researcher to full-time momentum trader. Now, with her popular website and this brilliant new book, she teaches other traders how to master the market using her proven combination of analytics and psychology. The Trading Book shows you how to: Master the power of technical trading Increase profits using probabilities and pattern recognition Focus on precision trading for consistent results Discover the benefits of waves and fibs Embrace the habits of highly effective traders This one-of-a-kind guide goes beyond the numbers and statistics to show you the complex psychology behind the trades—from the greatest gains to the hardest losses. You'll discover how other traders deal with making counterintuitive decisions; how to use technical indicators to identify the momentum and direction of the markets; and how to achieve your long-term financial goals through discipline, dedication, and endurance. Filled with insightful case studies, interviews, exercises, and guidelines for keeping a personal trading journal, this is more than a crash course for beginners or an industry guide for experts. This is the book on trading. Praise for The Trading Book: "Anne-Marie is an amazing trader who loves to share ideas. She knows it makes her smarter and so sharing is not really giving away anything. Anne Marie can explain complex trading ideas in a digestible manner, and any level of trader or investor will benefit from this book." —Howard Lindzon, cofounder and CEO of StockTwits and author of The StockTwits Edge "The Trading Book does an outstanding job of offering step-by-step explanations of trading strategies and methods. Anyone looking for a clear path to profits in the markets will find the pre-trade checklist especially helpful for staying disciplined during the trading day. The lessons on reading stock charts are some of the best I've seen and worth reading multiple times." —Tim Bourquin, Traderinterviews.com "This excellent book balances trading wisdom, psychology, common sense, and valuable strategies that you can put to work immediately. I think that the 'woman's perspective' really adds something that most trading books are missing. Read this book; trust me!" —Brian Shannon, author of Technical Analysis Using Multiple Timeframes and President of Alphatrends.net

A new workplace demands that you take charge of your anchors. It challenges you to pay attention to the aspects that drive your behaviour, attitudes, perceptions, and emotions. At the same time, recognizing the motives, needs and emotions of others is imperative for personal leadership. This will help you hone your collaborative instincts, and in embracing diversity and engaging effectively in a professional setting. Based on the author's experiences and her interaction with others, Mastering Behaviour explores the hinterland of behavioural insights. Applying popular psychology theories, the book helps in tackling difficult interpersonal and behavioural issues at work, such as personality clashes, stress, handling difficult interactions and workplace loneliness. With technological developments changing the way we connect, the book will provide insights to the real-world challenges of developing greater trust, engagement and collaboration within their teams and the organization.

Mastering the World of Psychology

Managing Self and Others

Mastering the World of Psychology [rental Edition]

A Scientist-practitioner Approach - Without Pearson Etext

Mastering the Art of Solution-Focused Counseling

Mastering Market Uncertainty

Find out why the happiest, most successful people have the ability both to persist and to quit. In a culture that perceives quitting as a last resort and urges us to hang in, Mastering the Art of Quitting tackles our tendencies to overanalyze, ruminate, and put a positive spin on goals that have outlived their usefulness. Bestselling author Peg Streep and psychotherapist Alan Bernstein demonstrate that persistence alone isn't always the answer. We also need to be able to quit to get the most out of life. They reveal simple truths that apply to goal setting and achievement in all areas of life, including love, relationships, and work: Quitting promotes growth and learning, as well as the ability to frame new goals. Without the ability to give up, most people will end up in a discouraging loop. The most satisfied people know when it's time to stop persisting and start quitting. Quitting is a healthy, adaptive response when a goal can't be reached. Featuring compelling stories of people who successfully quit, along with helpful questionnaires and goal maps to guide you on the right path, Mastering the Art of Quitting allows you to evaluate whether your goals are working for or against you, and whether you need to rechart certain aspects of your life. When is it time to stop persisting and start quitting? Take a moment and answer the following questions. Just thinking about the answers will give you insight into your ability to quit artfully and restart your life. Do you believe that "winners never quit and quitters never win"? How realistic are you when it comes to setting goals? What matters more: staying the course or exploring new possibilities in life? How much of your sense of self relies on other people's judgments? Do you tend to hang in longer than you should, even when you're unhappy? When you try something new, do you focus on the effort you have to put in or the possibility of failure? Are you a procrastinator or a delayer when it comes to getting things done? How much do you worry about making a mistake? Do you second-guess yourself? How hard is it for you to get over a setback?

NOTE: This edition features the same content as the traditional text in a convenient, three-hole-punched, loose-leaf version. Books a la Carte also offer a great value; this format costs significantly less than a new textbook. Before purchasing, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. For courses in introductory psychology, critical thinking, and research and experimental methods. Market-leading consumer's guide to assessing psychological claims Widely used and highly acclaimed, How to Think Straight About Psychology introduces students to the critical thinking skills they need to independently evaluate psychological information. Students will learn to analyze psychological claims found in the media, distinguish between pseudoscience and true psychological research, and apply psychological knowledge to the world around them. The 11th edition covers an extensive range of new topics and examples illustrating psychological principles, pseudoscience, and issues obscuring the real and growing knowledge base in the field of psychology.

This package contains the following components: -0205669093: MyPsychLab with Pearson eText -0205003311: Mastering the World of Psychology

MyPsychLab with Pearson EText -- Access Card -- for Mastering the World of Psychology

Mastering the World of Psychology Value Pack (Includes Myspychlab with E-Book Student Access& Student Solutions Manual for Mastering the World of Psyc

Studyguide for Mastering the World of Psychology by Samuel E. Wood, ISBN 9780205968084

Anthropocene Psychology

Mastering Your Emotions

Student Solutions Manual for Mastering the World of Psychology

An introduction to psychology that focuses on applications to students' own lives Revel(TM) Mastering the World of Psychology provides students a solid introduction to the diverse field of psychology - and how it applies to their lives. Authors Samuel Wood, Ellen Green Wood, and Denise Boyd present theory and research in an engaging and accessible fashion, with plenty of opportunities for students to test their understanding and hone their critical-thinking skills. The Sixth Edition has been thoroughly updated and now incorporates several contemporary themes in order to give students an up-to-date view of the discipline. Revel is Pearson's newest way of delivering our respected content. Fully digital and highly engaging, Revel replaces the textbook and gives students everything they need for the course. Informed by extensive research on how people read, think, and learn, Revel is an interactive learning environment that enables students to read, practice, and study in one continuous experience - for less than the cost of a traditional textbook. NOTE: This Revel Combo Access pack includes a Revel access code plus a loose-leaf print reference (delivered by mail) to complement your Revel experience. In addition to this access code, you will need a course invite link, provided by your instructor, to register for and use Revel.

Ideal for A/AS-level, BTEC, Further and Adult Education courses, Introduction to degrees. This comprehensive book covers a rapidly changing subject and provides the basis for understanding both the theories and practical aspects of the subject. This second edition has been fully revised to incorporate guidance on presenting practical work, the psychology of work and the use of statistics in psychology.

This book is about hope and a call to action to make the world the kind of place we want to live in. Our hope is to provoke conversation, and gently challenge possibly long-held views, beliefs, and ideologies about the way the world works and the people in that world. Written by eminent researchers and experienced practitioners, the book explores the principles that underpin living well, and gives examples of how this can be achieved not just in our own lives, but across communities and the planet we share. Chapters cover the stages of life from childhood to ageing, the foundations of everyday flourishing, including health and relationships, and finally wellbeing in the wider world, addressing issues such as economics, politics and the environment. Based in the scientific evidence of what works and supported by illustrations of good practice, this book is both ambitious and aspirational. The book is designed for a wide audience - anyone seeking to create positive change in the world, their institutions or communities.

New Myspychlab With Pearson Etext Student Access Code Card

Being Human in a More-than-Human World

The World of Psychology, Eighth Canadian Edition, Loose Leaf Version

Why It Matters in Life, Love, and Work

New Myspychlab Student Access Code Card

Real World Psychology

The most current trends in solution-focused counseling are explored in the latest edition of this updated and expanded text. Dr. Guterman provides a comprehensive and straightforward discussion of solution-focused theory and describes how the model can be used throughout the therapeutic process. Clinical techniques and detailed case studies illustrate counseling with clients experiencing a range of problems, including depression, substance abuse, grief, morbid jealousy, and trichotillomania. New chapters and sections in this edition address anxiety, eating disorders, migraine headache, psychosis, spiritual and religious problems, self-injurious behavior, and suicide. Additional features include excerpts of dialogue from actual counseling sessions, sample forms and supplementary materials, and troubleshooting tips for getting unstuck in difficult cases. *Requests for digital versions from the ACA can be found on wiley.com. *To request print copies, please visit the ACA website here. *Reproduction requests for material from books published by ACA should be directed to permissions@ counseling.org.

A leading expert in Naturopathic Medicine dives into the root cause of food cravings, how to master them, and live a guilt free life. Have you ever wondered why you crave what you crave, why you can't say no to sweets, or why your knee-jerk reaction is to reach for salty and crunchy treats when you get bad news? The guiding principles behind cravings, whether you're craving potato chips, sugar, or other addicting substances and behaviors are the same. Tackle one, and you can tackle all of them. Dr. Elena has dedicated years of research to studying the nature of cravings and how they relate to all elements of our health: mental, emotional, and physical. Using an evidence-based approach and years of clinical expertise, Dr. Elena shows how what we crave relates to our psychology, physiology, and ultimately shapes our daily habits. Crave Reset reveals the dynamic relationship between evolution, genetics, brain, gut, and hormone health, and contains actionable steps that move you closer to a crave-free and fulfilling life, naturally. You'll find versatile and nourishing recipes for every kind of craving and for every occasion. CRAVE RESET is more than just a book on cravings; it's a guide to peak health and performance. Dr. Elena has created a master plan to help you rewire your mind, heal your body, and unleash your true potential.

Never HIGHLIGHT a Book Again! Virtually all of the testable terms, concepts, persons, places, and events from the textbook are included. Cram101 Just the FACTS101 studyguides give all of the outlines, highlights, notes, and quizzes for your textbook with optional online comprehensive practice tests. Only Cram101 is Textbook Specific. Accompany: 9780205968084 .

Mastering the Art of Quitting

Go Beyond Adulthood to Become an Emotional Grown-Up

The Psychology of Risk

Creating The World We Want To Live In

Mastering the Art of Psychotherapy

The Green Book

Exploring some of the most extraordinary moments from the history of endurance sports, this unique sports book shows how mental strength allows some athletes to perform at a level way beyond their physical limits — to will their body to do what was previously thought biologically impossible.

Revealing habits and tactics you can use to cultivate your own mental strength, this unique book describes a new 'psychobiological' model of endurance performance connecting the mind, body and brain. Compelling accounts from triathlon, cycling, running, rowing and swimming are viewed through the lens of this model shedding new light on what science has to say about mental fortitude in sports. Drawing on cutting-edge scientific research it suggests concrete tactics for cultivating mental strength, whilst providing thrilling accounts of some of the most inspiring and astonishing feats in sporting history, such as Sammy Wanjiru who, in 2010 entered the Boston Marathon suffering from injuries to his knee and his lower back, a stomach virus that prevented him from training and a lifestyle that meant he spent more time in nightclubs than on the track. He shouldn't have even been able to finish the race, and at times he seemed as if he literally had nothing left to give, yet in an epic battle he crossed the finishing line first. How did he manage it? Find out in this sports book like no other and prepare for your own test of endurance! Featured athletes include: Sammy Wanjiru, Jenny Barringer, Greg LeMond, Willie Stewart, Cadel Evans, Joseph Sullivan, Paula Newby-Fraser, Ryan Vail, Thomas Voeckler, Ned Overend, Steve Prefontaine.

Depth Psychology and Climate Change offers a sensitive and insightful look at how ideas from depth psychology can move us beyond psychological overwhelm when facing the ecological disaster of climate change and its denial. Integrating ideas from disciplines including anthropology, politics, spirituality, mythology and philosophy, contributors consider how climate change affects psychological well-being and how we can place hope and radical uncertainty alongside rage and despair. The book explores symbols of transformation, myths and futures; and is structured to encourage regular reflection. Each contributor brings their own perspective — green politics, change and loss, climate change denial, consumerism and our connection to nature — suggesting responses to mental suffering arising from an unstable and uncertain international outlook. They examine how subsequent changes in consciousness can develop. This book will be essential reading for analytical psychologists, Jungian analysts and psychotherapists, as well as academics and students of Jungian and post-Jungian studies. It will also be of great interest to academics and students of the politics and policy of climate change, anthropology, myth and symbolism and ecopsychology, and to anyone seeking a new perspective on the climate emergency.

This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. For courses in Introductory Psychology An introduction to psychology that focuses on applications to students' own lives Mastering the World of Psychology provides students a solid introduction to the diverse field of psychology — and how it applies to their lives. Authors Samuel Wood, Ellen Green Wood, and Denise Boyd present theory and research in an engaging and accessible fashion, with plenty of opportunities for students to test their understanding and hone their critical-thinking skills. The Sixth Edition has been thoroughly updated and now incorporates several contemporary themes in order to give students an up-to-date view of the discipline. NOTE: This ISBN is for a Pearson Books a la Carte edition: a convenient, three-hole-punched, loose-leaf text. In addition to the flexibility offered by this format, Books a la Carte editions offer students great value, as they cost significantly less than a bound textbook. Mastering the World of Psychology, Sixth Edition is also available via Revel®, an interactive learning environment that enables students to read, practice, and study in one continuous experience.

Supplement: Mastering the World of Psychology (Notebook Edition) - Mastering the World of Psychology 2/E

Mastering the World of Psychology Revel Access Code

Mastering Psychology

Mastering Mindset to Improve Happiness, Health, and Longevity

Mastering Adulthood

Crave Reset

More than any other full-length text on the market, "The World of Psychology" supports student learning while helping students make the connection between scientific principles and everyday life. The Seventh Edition of Wood/Wood/Boyd's "World of Psychology" continues to respond to the changing needs of today's diverse student population. Students and instructors will benefit from exciting enhancements in content, pedagogy, and design while enjoying the accessible and engaging presentation that have made this text so successful over the years.

For courses in Introductory Psychology An introduction to psychology that focuses on applications to students' own lives Mastering the World of Psychology provides students a solid introduction to the diverse field of psychology - and how it applies to their lives. Authors Samuel Wood, Ellen Green Wood, and Denise Boyd present theory and research in an engaging and accessible fashion, with plenty of opportunities for students to test their understanding and hone their critical-thinking skills. The Sixth Edition has been thoroughly updated and now incorporates several contemporary themes in order to give students an up-to-date view of the discipline. NOTE: This ISBN is for a Pearson Books a la Carte edition: a convenient, three-hole-punched, loose-leaf text. In addition to the flexibility offered by this format, Books a la Carte editions offer students great value, as they cost significantly less than a bound textbook. Mastering the World of Psychology, Sixth Edition is also available via Revel(tm), an interactive learning environment that enables students to read, practice, and study in one continuous experience. You can also purchase a loose-leaf print reference to complement Revel Mastering the World of Psychology . This is optional.

Discover smart and entertaining strategies for dealing with difficult emotions like anxiety, sadness, anger, and uncertainty. More than just "adulthood"—this book will give you the real emotional skills you need to thrive! Whether you're graduating from college, starting a career, trying to gain financial independence, or creating meaningful relationships—entering into the world of grownups can be more than a little overwhelming. And while there are plenty of fun books out there for young adults offering advice on how to fix a leaky faucet or find the right apartment, none really delve into the deeply emotional aspects of growing up. In Mastering Adulthood, psychologist Lara Fielding offers evidence-based skills to help you cope with the feelings of anxiety, depression, anger, and stress that may be getting in the way of living an independent, fulfilling adult life. Drawing on case examples from young adults she's worked with in her private practice, Fielding provides empowering strategies and skills for managing difficult emotions using mindfulness, dialectical behavior therapy (DBT), and acceptance and commitment therapy (ACT). When you experience big life changes that cause you stress, you need emotional flexibility to reach your goals and be your best self. Using the skills in this book, you'll learn to take charge of your emotional habits, stop feeling stuck, and discover what really matters to you.

Revel for Mastering the World of Psychology, Scientist-practitioner Approach Access Card

The Divided Brain and the Making of the Western World, Second Edition

Depth Psychology and Climate Change

Mastering the World of Psychology, Books a la Carte Edition

A Practical Guide to Mastering Human Psychology and Body Language to Speed-Read Anyone

Books a La Carte + Myspychlab

A new edition of the bestselling classic published with a special introduction to mark its 10th anniversary This pioneering account sets out to understand the structure of the human brain — the place where mind meets matter. Until recently, the left hemisphere of our brain has been seen as the [rational] side, the superior partner to the right. But is this distinction true? Drawing on a vast body of experimental research, Iain McGilchrist argues while our left brain makes for a wonderful servant, it is a very poor master. As he shows, it is the right side which is the more reliable and insightful. Without it, our world would be mechanistic — stripped of depth, colour and value.

This ground-breaking book critically extends the psychological project, seeking to investigate the relations between human and more-than-human worlds against the backdrop of the Anthropocene by emphasising the significance of encounter, interaction and relationships. Interdisciplinary environmental theorist Matthew Adams draws inspiration from a wealth of ideas emerging in human/animal studies, anthrozoology, multi-species ethnography and posthumanism, offering a framing of collective anthropogenic ecological crises to provocatively argue that the Anthropocene is also an invitation — to become conscious of the ways in which human and nonhuman are inextricably connected. Through a series of strange encounters between human and nonhuman worlds, Adams argues for the importance of cultivating attentiveness to the specific and situated ways in which the fates of multiple species are bound together in the Anthropocene. Throughout the book this argument is put into practice, incorporating everything from Pavlov's dogs, broiler chickens, urban trees, grazing sheep and beached whales, to argue that the Anthropocene can be good to think with, conducive to a seeing ourselves and our

place in the world with a renewed sense of connection, responsibility and love. Building on developments in feminist and social theory, anthropology, ecopsychology, environmental psychology, (post)humanities, psychoanalysis and phenomenology, this is fascinating reading for academics and students in the field of critical psychology, environmental psychology, and human/animal studies.

For students who want additional test questions, "Mastering the World of Psychology" offers Practice Tests at the end of the text. The answers to these tests can be found in the Student Solutions Manual, along with corresponding page references where the answers can be found. In addition, sample answers for the essay questions are given. This item can be packaged with the text. Contact your Pearson Higher Education representative for more details.

Mastering Behaviour

How to Analyze People

The World of Psychology (Custom Edition for Chicago State University)

A Breakthrough Guide for Mastering the Psychology and Physiology of Cravings

The Master and His Emissary

How Bad Do You Want It?

Real World Psychology, a brief version of Huffman's Psychology in Action, reflects Huffman's core "student/active classroom" philosophy and is designed specifically for the unique needs of those who demand big things from a small package. This text ties every single concept to a real-world, in-text example by utilizing case studies, photos, graphs, news stories and charts. This brief approach allows readers to grasp the "big picture" in psychology without an abundance of supplementary details.

Amazing 'Human Psychology Secrets' you can use right now to understand, analyze, and even manipulate people around you and speed read them like an open book! Have you ever wondered if your date was truly into you? Do you want be able to tell when someone is lying to you? This book will give you a variety of tools to use when deciphering what body language means. Body language can illustrate a variety of nonverbal cues, and you might be missing out on all of them. After reading this book, a person's primary way of communicating (with body language) will no longer be a mystery to you! Here's what you will get when you one-click this book today: □Secret methods to determine a person's personality types □Fool-proof techniques for boosting your body language reading skills □Simple strategies to reading facial nonverbal cues including eyes, forehead and the mouth □Easy ways to analyze someone's posture and hand gestures □Hidden but crucial nonverbal clues from legs and feet □How to develop more rewarding interpersonal relationships □Tested techniques to tell when someone is lying to you □Sure-fire signs of romantic interests and several other feelings and emotions □And much more! With easy ways laid out to decipher a person's coded language, you will easily understand how to read everybody's non-verbal cues like a detector! You will be able to tell when a person is lying to you, if they are hiding something, and even if they want to get to know you better. So, what are you waiting for? Scroll up, one-click this book now and dive into the world of human psychology so you can read anyone like a book effortlessly! ★Buy the paperback and get the ebook for free!★ ★FREE worksheet included: 48 Questions You Need to Ask Yourself to Find Your Passion In Life★ The World of Psychology offers an accessible text that is designed to seamlessly combine basic learning principles with applications to address the needs of today's diverse student population. The 5th edition of Wood/Wood/Boyd reflects the authors' commitment to the importance of learning and applying core principles in psychology. Students and Instructors of The World of Psychology will benefit by engaging in learning core concepts and applying them to the world we know. Biology and Behavior, Sensation and Perception, States of Consciousness, Learning, Memory, Cognition and Language, Intelligence and Creativity, Child, Adolescent and Adult Development, Motivation and Emotion, Human Sexuality and Gender, Health and Stress, Personality Theories, Psychological Disorders, and Therapies. Introduction to Psychology.

Mastering the World of Psychology With Myspychlab With Pearson Etext

Mastering the Psychology of Mind Over Muscle

How to Think Straight about Psychology, Books a la Carte

A Scientist-Practitioner Approach

The Positive Shift

With Study Card

Mastering the Art of Psychotherapy: the principles of effective psychological change: challenging the boundaries of self-expression. This is a mechanics manual for the personality. It addresses the fundamentals of the human psyche and personality: how identity is formed, how trauma works, the nature and dynamism of psychological energy, the function and analysis of dreams, the shadow side of falling in love, but even more importantly, how to effectively diagnose and treat personality problems. This book is a complete manual on the practice of psychotherapy, principally designed for clinical professionals and graduate students, in order to improve diagnostic skills, develop treatment strategies, broaden therapeutic techniques, and further their understanding of the basics of human transformation. However, much of this book contains material of interest to anyone in therapy, or simply ready to transform their lives, improve their marriages and significant relationships, advance their spiritual practice, or seeking to reduce their psychological suffering and improve self-expression.

Mastering the World of Psychology is a brief, paperback text focused on supplying the most support for student learning and student success. It makes the connection between scientific principles and the everyday lives of today's diverse student population.

Helping students apply the science of psychology to their everyday lives! Now in the eighth edition and still the best selling text in the market, The World of Psychology continues to respond to the changing needs of today's diverse student population. Highly interactive, clearly written, and thoroughly up to date, this textbook encourages students to think for themselves as they learn about, relate to, and apply psychological principles that affect their lives.

How Positive Psychology Can Build a Brighter Future

The World of Psychology

Mastering the World of Psychology Value Package (Includes Myspychlab with E-Book Student Access)

The Trading Book: A Complete Solution to Mastering Technical Systems and Trading Psychology

One of the financial world's most respected experts on the psychology of risk provides a revolutionary risk management model Over the past three decades investors have adopted all varieties of complex quantitative systems for quantifying and managing risk. Yet, sophisticated investors and money managers continue to suffer record losses in today's increasingly volatile markets. This book bridges the gap between investor psychology and quantitative risk management with a revolutionary risk management program that virtually any trader or investor can easily adapt to their goals and personalities. Using numerous fascinating real-life case studies, Dr. Kiev illustrates the various psychological and emotional traps to which even the savviest investors can fall victim. He develops a dynamic new risk management model that combines quantitative models and money management techniques. He also provides rigorous guidelines that will help readers answer such crucial questions as: How much should I trade? How much risk can I handle? and When should I get out?

It's the reason why spending time on Facebook makes us feel sad and lonely. Why expensive name-brand medicines provide better pain relief than the generic stuff, even if they share the same ingredients. And why a hospital room with a good view speeds up recovery from surgery. The truth is, the way we think about ourselves and the world around us dramatically impacts our happiness, health, how fast or slow we age, and even how long we live. In fact, people with a positive mindset about aging live on average 7.5 years longer than those without. That might sound alarming to those of us who struggle to see the bright side, but the good news is we can make surprisingly simple changes or small shifts to how we think, feel, and act that will really pay off. In The Positive Shift: Mastering Mindset to Improve Happiness, Health, and Longevity, Dr. Catherine Sanderson breaks down the science of thought and shows how our mindset—or thought pattern—exerts a substantial influence on our psychological and physical health. Most important, this book demonstrates how, no matter what our natural tendency, with practice we can make minor tweaks in our mindset that will improve the quality—and longevity—of our life. Combining cutting-edge research from the fields of psychology, neuroscience, and medicine, as well as vivid real-world examples of the power of mindset, The Positive Shift gives readers practical and easy strategies for changing maladaptive thought patterns and behaviors so they can live longer, happier lives. These behaviors include: • Appreciating nature, with actions as simple as eating lunch outside • Giving to others, like volunteering • Spending money on experiences, not possessions Living your best life is truly mind over matter. Believe in yourself and rethink your way to a happier reality.