

Sarabjeet Kaur

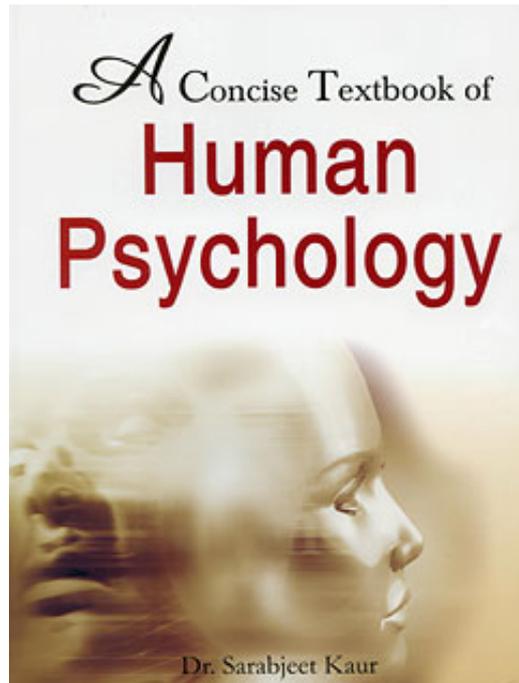
A Concise Textbook of Human Psychology

Reading excerpt

[A Concise Textbook of Human Psychology](#)

of [Sarabjeet Kaur](#)

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Preface

A concise textbook on human psychology has emerged as a result of my deep interest in the subject of human psychology. The main purpose of this book is to help the readers understand the subject of Psychology in better and easier way. Psychology deals with many problems of everyday life and many other things that a person experiences during his lifetime. After going through this book the reader will be in a position to know the cause of those problems and also he will be able to rectify some of the problems, and clear his doubts too.

WRITING FOR A BROAD RANGE OF STUDENTS

I wanted to write a book that students would actually enjoy reading, and I hope the book might find its way into the hands of students from a broad spectrum of colleges. This book would be of immense help to the undergraduates as well as the postgraduate students having psychology as one of their subject.

KEEPING PACE WITH EMERGING KNOWLEDGE

In this book I have attempted to bring readers up-to-date information about this rapidly changing discipline (psychology). Psychology, like other areas of knowledge, has its classic theories and studies which form the basis for the much current work. Students should know about these too, and I have not neglected them.

RESEARCH FOCUS

This book takes psychological science seriously. A student should come out of an introductory psychology class not only with a sense of the basic questions and frameworks for answering them but also with an appreciation for how to obtain psychological knowledge.

INTEGRATIVE APPROACH

Solo-authoring an introductory text is probably presumptive evidence of mental instability (and is clearly a cause of it as well), but I could not have produced this book any other way. As one psychologist puts it, (Holt, 1976), the human psyche is not the handiwork of an obsessive-compulsive God who created cognition on one day, affect on another, motivation on another, and so forth, and made sure that they all stayed neatly in their own territories. Too often our efforts to classify and label, lead us to try to separate the inseparable. The integrative bent of the book stems primarily from the clinical and experimental perspectives as well as the concepts and methods from various psychological traditions. Although the chapters are integrated with one another, each chapter can stand on its own and be understood independently of the others.

ORGANIZATION

The chapters have been organized in a way that would be convenient for the students to follow. A separate chapter on "The Concept of Mind and Schools of Psychology" is introduced for the convenience of the students. Also the last chapter on "Dreams and Dreaming" has been added in this book which will prove quite helpful for the students. All contributors of information on psychology have been given due credit but wherever it has been missed or overlooked I accept my folly for same.

ILLUSTRATION AND DESIGN

Tremendous care has been taken to select and design only those figures and tables that actually contribute to the text and that do not just make the pages look less ominous. The same is true of photo selection; images that would provoke thought have been only added. In some chapters, few informative boxes are also used. Pay attention to the illustrations, tables, and the boxes too, because they are as important as the corresponding discussions in the text.

ANNEXURE

At the end of the book annexure (I to V) are provided. These are added not to increase the bulk of the book; rather they are quite informative for the readers and each reader must go through them.

This book is my first work as an author and I have tried my best to convey the right information in a simplest form and in required details. This book has underwent checking several times by me and by editorial team but some mistakes might remain. While reading if you find any mistake or have any suggestions, I'll be grateful to receive the feedback from you end and the mistakes can be rectified in future editions.

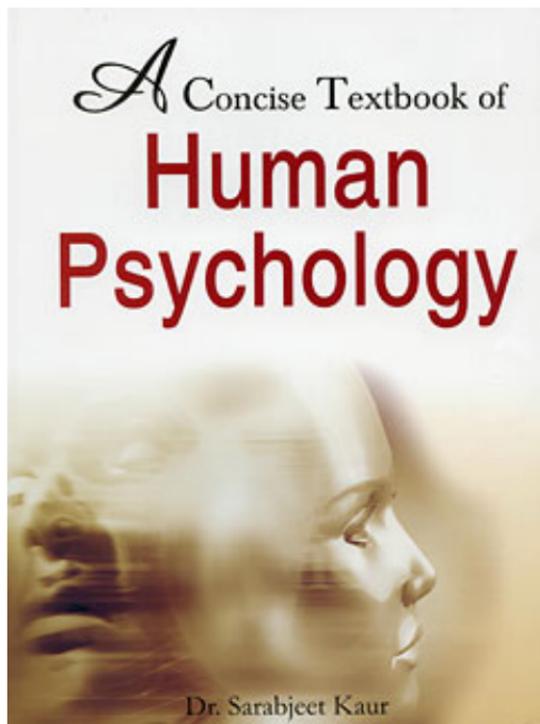
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