



# Psychology: A Self-Teaching Guide

*Frank J. Bruno*

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# Psychology: A Self-Teaching Guide

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Frank Bruno explains all the major psychological theories and terms in this book, covering perception, motivation, thinking, personality, sensation, intelligence, research methods, and much more. He presents the foundations of psychology and the biology of behavior; explores how children develop into adults and the psychological factors that make us individuals; and examines various mental disorders and the types of therapy used to treat them. The step-by-step, Q&A format of Psychology makes it fully accessible, providing an easily understood, comprehensive overview of the topic.

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