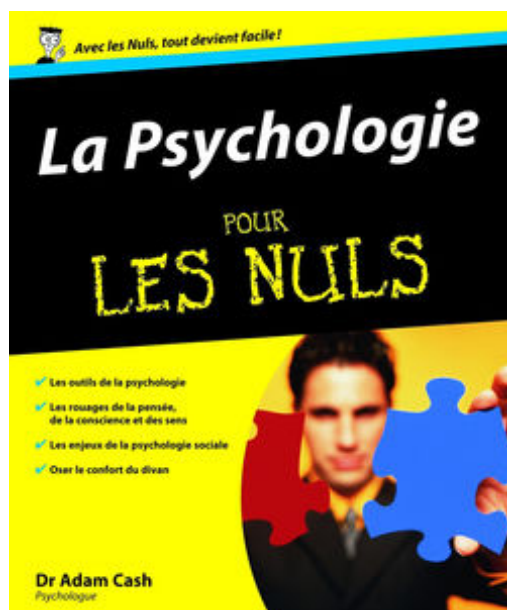


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La Psychologie pour les Nuls est une introduction à tous les champs de la psychologie moderne. Facile d'accès, sans trop de jargon - juste les concepts-clés-, ce guide délivre une information fiable et nécessaire à la compréhension des processus mentaux et des comportements humains. Vous y trouverez une définition de la psychologie qui tient compte du rôle de premier plan de la biologie et de l'étude du système nerveux. L'ouvrage expose également la notion de conscience consciente ainsi que le rôle de nos sens et de nos sentiments dans notre perception de notre environnement et la construction de notre personnalité.

Vous plongerez au cœur de la personne et découvrirez comment se développe notre identité, comment naît notre aptitude à communiquer et comment se construisent nos relations avec les autres - de la petite enfance jusqu'à l'âge adulte. La Psychologie pour les Nuls décrit enfin les troubles psychologiques (anxiété, compulsions, dépression, etc.), les psychoses (notamment la schizophrénie), les désordres mentaux et autres paniques et phobies, ainsi que leurs traitements.

Après cette lecture, vous pourrez répondre à beaucoup de questions que vous vous posez sur les autres et sur vous-même !

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