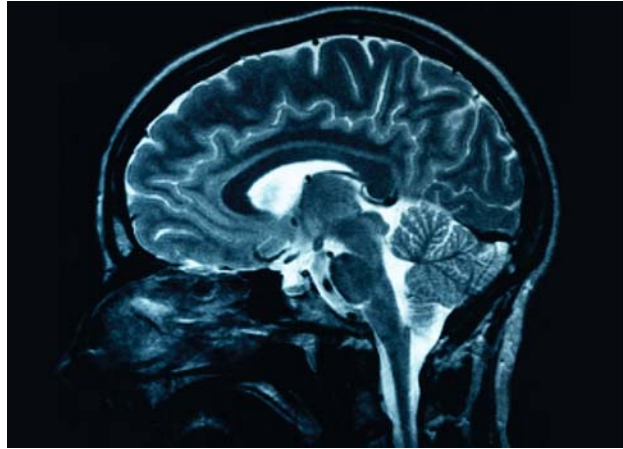


## Psych! Read a Book



Time to Exercise Your Mind and more fully exercise your understanding in psychology, You are expected to read a book relating to psychology within the next month. There will be a book report which will include a chat with me after school and a written report. We will have a conversation after school about the book that you read. You will also need to write and type a short critique of the book, explaining what you found valuable, what the author was hoping to explain/express, what relationship this book has to other material in the class, compare it to current psychological theory, questions that you've had, other reading you've done, and relating it to the world outside of the classroom. The paper will be 3-5 pages using APA style. More on that later.

Due Date for written report: Monday, January 26, 2009

Right now, the idea is to find something interesting to read and just enjoy it.

There are many books relating to psychology. Feel free to choose from this list or select a book of your own choosing which you will check with me to be sure that it fits the criteria. Here are some suggestions to get you started on your search. You can also use the topic **psychology** as you check a bookstore or library for ideas.

### **Disorders**

A Child Called It. ( There are several more by him, including A man Called David)

Dave Pelzer.

Severe childhood abuse and neglect, foster care, becoming whole.

Sybill.

Flora Rheta Schreiber

Multiple personality disorder

I Never Promised You a Rose Garden

Joanne Greenberg  
Multiple personality disorder

The Eden Express

Mark Vonnegut  
Schizophrenia

Eclipse

Kristine L. Franklin  
Depression

A Brilliant Madness

Patty Duke, Gloria Hockman  
Manic-Depressive disorder

Girl Interrupted

Susanne Kaysen  
Borderline Personality Disorder

Trapped in the Mirror

Elan Gobomb  
Children of Narcissists

The Stranger in the Mirror

Marlene Steinberg, Maxine Schnall  
Dissociation

Reviving Ophelia

Mary Piper  
Female adolescent issues, eating disorders, self-esteem, depression, etc.

Ophelia Speaks

Sara Shandier  
Same as above but from the perspective of a female adolescent

The Minds of Billy Mulligan

Daniel Keyes  
Multiple personality disorder

Dibs: In Search of Self

Virginia M. Aline  
Childhood disorder, play therapy

Why They Kill

Richard Rhodes  
Profiling Killers

The Sky is Falling

Raeann Dumont  
Phobias, Obsessive-Compulsive Disorders, Panic Attacks

One Child

Torey L. Hayden  
Childhood Abuse

Driven to Distraction

John J. Ratey  
Attention Deficit Disorder

A Child Called Noah

Josh Greenfield  
Family dealing with Autism

The Curious Incident of the Dog in the Nighttime (Non-Fiction)

Mark Haddon  
The world of the autistic.

**Theory**Man's Search for Meaning

Victor Frankl  
Logo therapy, existentialism, dealing with the experience of the Holocaust

Man's Search for Himself

Rollo May  
Personality Theory

Becoming Carl Rogers

Humanistic psychology

Walden Two

B. F. Skinner  
Community based on operant conditioning

Beyond Freedom and Dignity

B. F. Skinner  
Behaviorism

Man and His Symbols

Carl Jung  
Archetypes

What Freud Really Meant

David Stafford-Clark  
Simple analysis of Freud

**Neurology**The Man Who Mistook His Wife for a Hat

Oliver Sacks  
Brain disorders

An Anthropologist from Mars

Oliver Sacks

Case studies on neurological disorders

The Shattered Mind

Howard Gardner

Studies of individuals with brain injuries

**Motivation**

The Power of Positive Thinking

Norman Vincent Peale

Cognitive improvement, a classic

What Color is Your Parachute?

Richard Nelson Bolles

Finding an occupation, planning a career

The Art of Happiness

Dali Lama

Perspectives on dealing with a world of difficulties.

This is actually based on interviews with a psychologist.

Seven Habits of Highly Effective People (There are other related titles also)

Stephen Covey

Time Management

**Other Interesting Reads**

Multiple Intelligences

Howard Gardner

Study of how different individuals learn

There Are No Children Here

Alex Kotlowitz

Growing up in a Chicago housing project, going to a city school

Stolen Lives

Malika Oufkir

Moroccan family is imprisoned for 2 decades after the father is executed

On charges of attempting to assassinate the king.

Emotional Intelligence

David Goleman

I. Q. vs E. Q.

Tuesday's with Morrie

Mitch Albom

Facing Death

Morrie: In His Own Words

Morrie Schwartz

Facing Death

Prozac Nation

Elizabeth Wurtzel

Overmedication of America

Even the Rat was White

Robert Guthrie

Discrimination in the history of psychology

Kafir Boy

Mark Mathabane

Growing up in South Africa under apartheid

All Over But the Shouting

Rick Braggs

Growing up in poverty in the South, finding options.

An Unquiet Mind

K. R. Jamison

Psychiatrist with manic depression, reluctant to take lithium

On Death and Dying

Elizabeth Kubler-Ross

Classic study of terminally ill patients and their adjustment to knowing they are dying.

Witness for the Defense

E. Loftus K. Ketcham

Eyewitness identification and what psychology has to tell us about human memory

The Pursuit of Happiness

David G. Meyers

By the author of your textbook!

The Design of Everyday Things

D. Norman

Relationship between psychology and product design

**Other places to search for more books:**[www.amazon.com](http://www.amazon.com)[www.barnesandnoble.com](http://www.barnesandnoble.com)[www.multi-site.com/books/apsychology.html](http://www.multi-site.com/books/apsychology.html)

**If you are selecting a novel not on the above list, be sure and check with me to be sure that it fits the guidelines of our assignment. Be sure that the book is based on a true story. Pop psychology tends to be full of fictional books based on psychological issues and the fictional aspect can be very misleading to the reader.**

Have fun. Choose something you believe can benefit you rather than something that seems to be a "quick read." Being interested makes it enjoyable.