

ROUTLEDGE

The Psychology of Everything series



Welcome

The Psychology of Everything

People are fascinated by psychology, and what makes humans tick. Why do we think and behave the way we do? We've all met armchair psychologists claiming to have the answers, and people that ask if psychologists can tell what they're thinking. *The Psychology of Everything* is a series of books which debunk the popular myths and pseudo-science surrounding some of life's biggest questions.

This series explores the hidden psychological factors that drive us, from our subconscious desires and aversions, to our natural social instincts. Absorbing, informative, and always intriguing, each book is written by an expert in the field, examining how research-based knowledge compares with popular wisdom, and showing how psychology can truly enrich our understanding of modern life.

Applying a psychological lens to an array of topics and contemporary concerns - from sex, to fashion, to conspiracy theories - *The Psychology of Everything* will make you look at everything in a new way.

For more information or to place an order, please contact your local sales representative.

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The Psychology of Addiction



Jenny Svanberg, Stirling Community Hospital, UK
 Series: *The Psychology of Everything*

This accessible book takes a psychological approach to understanding addiction. It considers key questions and myths surrounding addiction such as 'how do people get hooked?' and 'can you recover from addiction?' Using examples from popular culture, the book also draws on psychological and neuroscientific theories and sets addiction in a social context, comparing drug addiction with other types such as gambling and sex. It goes on to consider addiction recovery and different therapies such as mindfulness, suggesting a compassionate approach to understanding addiction may lead to changes in drug policy. It will be of interest to anyone looking for a psychological

understanding of addiction.

Routledge

Market: Addiction

March 2018: 198x129: 138pp

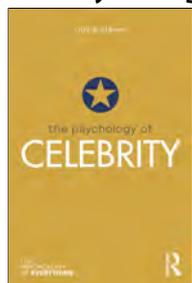
Hb: 978-1-138-20727-1: £105.00

Pb: 978-1-138-20728-8: £9.99

eBook: 978-1-315-46265-3

* For full contents and more information, visit: www.routledge.com/9781138207288

The Psychology of Celebrity



Gayle Stever
 Series: *The Psychology of Everything*

This accessible book examines the psychology of celebrity in relation to a culture perpetually focused on fame and the lives of celebrities. Using psychological theories, it explores the positive and negative outcomes of celebrity influence, the relationships celebrities have with their fans, and the concepts that shape our perception of and thinking about celebrities. The author examines historical perspectives, and addresses the way in which the media has been and continues to be an outlet for celebrities, culminating in the role of social media and technology in our modern society. This is the ideal introduction to the psychology of celebrity for students and general readers.

Routledge

Market: Social Psychology

October 2018: 198x129: 110pp

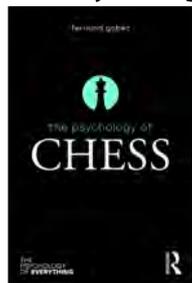
Hb: 978-0-815-36955-4: £110.00

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eBook: 978-1-351-25210-2

* For full contents and more information, visit: www.routledge.com/9780815369561

The Psychology of Chess



Fernand Gobet
 Series: *The Psychology of Everything*

The Psychology of Chess will provide a comprehensive introduction to the psychological aspects of one of the world's most played games. Drawing on an extensive body of literature, the book explores the cognitive functions involved in playing chess, discussing diverse topics such as perception and memory in chess thinking, pattern recognition, and skill acquisition. The book will also consider contemporary areas of research within the field, including brain training, artificial intuition, and the prevalence of psychiatric disorders in chess players.

Routledge

Market: Thinking and Reasoning

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eBook: 978-1-315-44188-7

* For full contents and more information, visit: www.routledge.com/9781138216655

The Psychology of Climate Change



Geoffrey Beattie and Laura McGuire
 Series: *The Psychology of Everything*

This book offers a psychological perspective on the current thinking on climate change, an issue of major global importance. The authors seek to demonstrate that there's a significant psychological issue connected with climate change in relation to the development of the climate change debate, optimism bias, the failure of climate change initiatives, and our attitudes towards the environment. There is also discussion of how behaviour in relation to climate change can be changed, to go some way to resolve the mistakes that have been made in the past in relation to our environment. This is fascinating reading for students, general readers and policy makers interested in

climate change.

Routledge

Market: Psychology

October 2018: 198x129: 112pp

Hb: 978-1-138-48451-1: £105.00

Pb: 978-1-138-48452-8: £9.99

eBook: 978-1-351-05182-8

* For full contents and more information, visit: www.routledge.com/9781138484528

The Psychology of Conspiracy Theories



Jan-Willem van Prooijen
 Series: *The Psychology of Everything*

The Psychology of Conspiracy Theories presents an engaging introduction to the origins of widespread belief in conspiracy theories. Through a discussion of the history of conspiracy theories, the book will debunk the myth that they are a modern phenomenon, exploring the broad contexts they can appear in from politics to the workplace. It will then go on to consider why some people are more susceptible to these beliefs than others, and why such beliefs are not a pathological trait. The book draws on a wealth of examples surrounding events and issues such as the 9/11 terrorist attacks and climate change.

Routledge

Market: Social Psychology

March 2018: 198x129: 108pp

Hb: 978-1-138-69609-9: £105.00

Pb: 978-1-138-69610-5: £9.99

eBook: 978-1-315-52541-9

* For full contents and more information, visit: www.routledge.com/9781138696105

The Psychology of Dieting



Jane Ogden
 Series: *The Psychology of Everything*

In an era of increasing obesity and its attendant health issues, for some people dieting is almost a matter of life and death. For others, wracked by body dissatisfaction, dieting can be similarly dangerous. In the *Psychology of Dieting*, health psychologist Jane Ogden offers a clear-sighted overview of why some of us become overweight and why losing weight is so difficult. Citing the latest research, and exploring the cognitive, social and emotional triggers which lead us to make poor decisions around food, it builds to provide a guide to how we can change our behaviour to lose weight and lead healthier lives.

Routledge

Market: Health Psychology

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* For full contents and more information, visit: www.routledge.com/9781138501256

The Psychology of Dog Ownership



Theresa Barlow and Craig Roberts

Series: *The Psychology of Everything*

The Psychology of Dog Ownership explores the relationship between people and their dogs from a psychological perspective. It examines the mechanisms involved in both typical and atypical dog behaviours and challenges common misconceptions in the management of our dogs. It covers topics such as canine socialisation processes, developmental phases and the impact of the domesticated environment. It explains the reasons why the dog-owner bond can break down and offers guidance on how to reverse these behaviours. It is essential reading for all contemporary dog owners as well as students and professionals in animal management and animal care, and

animal behaviour therapy.

Routledge

April 2019: 198x129: 84pp

Hb: 978-0-815-36243-2: **£105.00**

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eBook: 978-1-351-11231-4

* For full contents and more information, visit: www.routledge.com/9780815362449

The Psychology of Gardening



Harriet Gross

Series: *The Psychology of Everything*

The Psychology of Gardening is the first book of its kind to explore gardening from a psychological perspective. Research shows that positive effects of gardening arise from both active physical participation and experiencing nearby nature. The book highlights how both these elements contribute to our understanding of the benefits of gardening. Each chapter reviews a different aspect of gardening experience, demonstrating how individual, evolutionary and social psychological theories offer new insights into a very familiar activity. The book will be of great interest to students in environmental psychology as well as members of the horticultural society and those interested in

gardening.

Routledge

Market: Gardening

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The Psychology of Driving



Graham J. Hole, University of Sussex, United Kingdom

Series: *The Psychology of Everything*

Driving is an integral part of millions of people's lives on a daily basis, but how much do we really know about all of the processes involved in this everyday task? In *The Psychology of Driving*, Graham Hole provides an insight into what our brains are actually doing when we drive. Drawing on a broad range of psychological research, the book will explore topics as diverse as the role personality plays in the way that we drive, to the effects of aging on the cognitive process involved in driving. It will be essential reading for all students of driver behaviour and psychology, as well as anyone generally interested in why we drive the way we do.

Routledge

Market: Cognitive Psychology

October 2018: 198x129: 112pp

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eBook: 978-1-315-51653-0

* For full contents and more information, visit: www.routledge.com/9781138699588

The Psychology of Gender



Gary Wood

Series: *The Psychology of Everything*

The Psychology of Gender offers a concise and accessible introduction to the psychology of gender by drawing on biological, historical and cultural perspectives to consider the impact of gender roles on the individual, relationships and society in general. Topics covered include gender roles, sex differences, gender stereotypes, transgender and cisgender identities, and androgyny. The book is a cross-discipline review that offers a complete psychology of gender and addresses the 'dilemmas' we have regarding gender in a post-modern world. This is the ideal introductory resource for students on a range of courses who are starting to explore gender, and general

readers interested in this topic.

Routledge

Market: Psychology

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Hb: 978-1-138-74839-2: **£105.00**

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The Psychology of Fashion



Carolyn Mair, London College of Fashion, University of the Arts, UK

Series: *The Psychology of Everything*

The Psychology of Fashion provides a succinct overview of how our thinking and behavior is affected by the fashion industry. From how clothing can affect our cognitive processes to the way retail environments manipulate consumer behavior, the book takes an evidence-based approach that separates myth from reality. It examines how fashion design can undermine healthy body image, and how psychology can inform a more sustainable perspective on the production and disposal of clothing. Including further reading for those wishing to explore the topic further, this is the ideal introduction for anyone

interested in this fascinating area.

Routledge

Market: Psychology

March 2018: 198x129: 140pp

Hb: 978-1-138-65866-0: **£105.00**

Pb: 978-1-138-65867-7: **£9.99**

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* For full contents and more information, visit: www.routledge.com/9781138658677

The Psychology of Grief



Richard Gross, Full-time academic author

Series: *The Psychology of Everything*

Everyone, at some point in their lives, experiences bereavement and the feelings of grief that accompany it. *The Psychology of Grief* offers not only an overview of how psychologists have sought to explain this most human emotion, but also the way grief is understood in different social, religious and historical contexts. Including individual accounts, the book examines how we attempt to make sense of the world in the aftermath of losing a loved one, as well as the social rules and norms which frame that process. An intelligent and humane account, the book debunks myths around the 'stages' of grieving, as well as examining the evidence for personal growth in the wake of

bereavement.

Routledge

Market: Psychology

March 2018: 198x129: 128pp

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eBook: 978-1-315-11012-7

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The Psychology of Happiness



Peter Warr, University of Sheffield, UK

Series: *The Psychology of Everything*

From our patterns of thinking to the influence of government policies, this concise volume gives an insightful overview of the many psychological factors that affect our happiness and mental well-being. While happiness can mean anything from hedonic pleasure to spiritual growth, an explosion of research into defining and measuring its core qualities reflects just how important being happy is to the human condition. Covering the impact of our personalities, our physical health, the life events we experience, our social networks, and the wider communities and environments in which we live, this is an invaluable guide to what psychology has discovered about human happiness.

Routledge

Market: Positive Psychology
April 2019: 198x129: 110pp
Hb: 978-1-138-09066-8: **£105.00**
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eBook: 978-1-315-10845-2

* For full contents and more information, visit: www.routledge.com/9781138090798

The Psychology of Politics



Barry Richards

Series: *The Psychology of Everything*

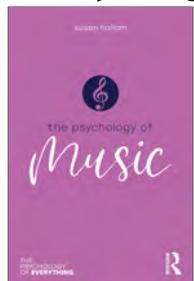
This accessible book examines key psychological ideas in relation to contemporary politics. It shows how the emotions which underpin everyday life are also vital in what happens on the political stage and draws on psychoanalytic ideas to explore how our societies and cultures are changing. Topics such as leaders, conflicts, democracies, and ideologies are analysed in relation to psychological theories, and the author demonstrates how fear and passion shapes the political sphere. This is the ideal introductory resource for students on a range of courses who are exploring politics in relation to psychology, as well as general readers interested in this topic.

Routledge

Market: Political Psychology
April 2019: 198x129: 104pp
Hb: 978-1-138-55167-1: **£105.00**
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eBook: 978-1-315-14769-7

* For full contents and more information, visit: www.routledge.com/9781138551701

The Psychology of Music



Susan Hallam

Series: *The Psychology of Everything*

This book covers key concepts relating to the psychology of music including the evolutionary purpose of music, the processing of music, musical ability, and musical skills. It also examines the impact music has on everyday life and on health and well-being, and the benefits of music to intellectual functioning. It covers the way in which music enriches humanity, how it relates to religion and spirituality, and how it used to enhance and manipulate people. This is the ideal introductory resource for students on a range of courses who are exploring music in relation to psychology, as well as general readers interested in this topic.

Routledge

Market: Psychology
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* For full contents and more information, visit: www.routledge.com/9781138098541

The Psychology of Retirement



Doreen Rosenthal, University of Melbourne, Australia and Susan Moore

Series: *The Psychology of Everything*

The Psychology of Retirement explores key questions such as: When is the best time to retire? How do I retire successfully? Focusing on psychological and socio-economic factors and individual differences, the book follows the journey of today's retirees, through planning and decision-making (or lack of it), expectations, early experiences, pleasures and disappointments. It covers the issues influencing successful and unsuccessful coping with this life stage, as well the similarities and differences in the coping styles of men and women. It is engaging reading for those contemplating retirement, recent retirees, and students

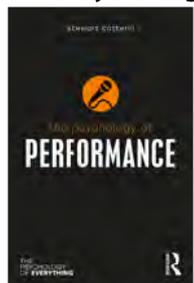
and professionals in developmental, clinical or health psychology.

Routledge

October 2018: 198x129: 112pp
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* For full contents and more information, visit: www.routledge.com/9780815347088

The Psychology of Performance



Stewart T. Cotterill, University of Winchester, UK

Series: *The Psychology of Everything*

The Psychology of Performance explores the key psychological factors that affect our ability to cope under pressure, whether it's competing in a sport, appearing in front of an audience, or meeting a tight deadline. From the development of skills through learning and practice, to how self-confidence and decision-making can be honed to boost our expertise, the book discusses the major topics in the field. Also including a chapter on how physiological state influences mood and cognition, this is the ideal primer either for students new to this topic, or coaches and performers looking for a concise and accessible overview on the intrinsic link between mind and performance.

Routledge

Market: Coaching Psychology
March 2018: 198x129: 114pp
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Pb: 978-1-138-21920-5: **£9.99**
eBook: 978-1-315-43601-2

* For full contents and more information, visit: www.routledge.com/9781138219205

The Psychology of School Bullying



Peter K. Smith, Goldsmiths University of London, UK

Series: *The Psychology of Everything*

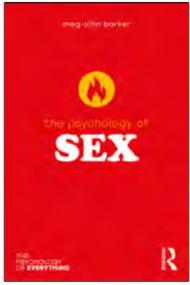
The Psychology of Bullying provides a highly accessible overview about the nature of bullying, what is known about it, its possible effects, and what can be done about it. It focuses on bullying at school with special attention given to the development of cyberbullying, and a final chapter looks at bullying in other contexts. Illustrated with examples and case studies, it examines who bullies and who gets bullied, what is known about effective coping strategies, and what friends, peers and the school can do to help. It will be essential reading for students, teachers and parents looking for psychological insights into what bullying is.

Routledge

Market: School Bullying
November 2018: 198x129: 128pp
Hb: 978-1-138-69939-7: **£105.00**
Pb: 978-1-138-69940-3: **£9.99**
eBook: 978-1-315-51689-9

* For full contents and more information, visit: www.routledge.com/9781138699403

The Psychology of Sex



Meg John Barker, The Open University, UK
Series: *The Psychology of Everything*

The Psychology of Sex plugs the gap between conventional wisdom about sex and what we know about sex and sexuality from academic research in this area. It draws on psychology in its broadest sense, arguing that for a complete understanding of sex we need to study the history of human sexual behaviour, and the social context in which it happens, as well as considering individual human experience and the way the body and brain work. The book looks at some of the most common myths about sex and sexuality - e.g. surrounding sexual identity, sex drive, sex addiction, "normal" and "abnormal" sex - and shows how recent research can help the way we think about all these things.

Routledge

Market: Psychology/Sex
March 2018: 198x129: 138pp
Hb: 978-1-138-67648-0: £105.00
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* For full contents and more information, visit: www.routledge.com/9781138676497

The Psychology of Trust



Ken J. Rotenberg, University of Keele, UK
Series: *The Psychology of Everything*

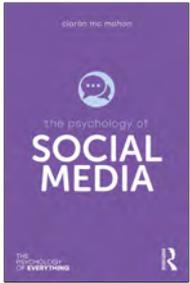
Western societies today are facing a crisis of trust. Politicians, journalists, police officers, church officials, CEOs: all are distrusted. Based on a series of popular *Psychology Today* blogs, this engaging summary reviews the psychological research on trust so that student, practitioner, and members of the public at large understand how people trust others. The purpose of the book is to identify the factors that cause people to trust, the contexts for trust, and the consequences of trust. It is designed to provide a concise and coherent body of knowledge regarding the role that trust plays in humans.

Routledge

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The Psychology of Social Media



Ciarán Mc Mahon
Series: *The Psychology of Everything*

The Psychology of Social Media will examine the core features of social media services – profiles, newsfeeds, connections, media and so on – and explain the psychological aspects of how they are used. The book will draw on groundbreaking modern research programmes in addition to long-standing scholarship, in order to blend these very new technologies with the ancient progress of humanity. This is the ideal introductory resource for students on cyberpsychology courses, as well as general readers interested in this topic.

Routledge

Market: Psychology
April 2019: 198x129: 106pp
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* For full contents and more information, visit: www.routledge.com/9781138047754

The Psychology of Vampires



David Cohen
Series: *The Psychology of Everything*

The Psychology of Vampires investigates why the legend of the vampire continues to haunt popular imagination. In this entertaining book, the author describes the origins of the vampire in myth and history, and the psychological and cultural theories which try to explain why they fascinate us. Weaving in a biographical account of John Polidori who wrote the first vampire tale, this book explores psychoanalytic and psychiatric theories of vampires, the dynamics of contemporary vampire groups and the vampire's cultural legacy. It is valuable reading for courses on psychological and psychiatric approaches to myth and folklore within psychology, mental health and cultural

theory.

Routledge

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* For full contents and more information, visit: www.routledge.com/9781138057678

The Psychology of the Paranormal



David Groome, Formerly at the University of Westminster, UK, Michael Eysenck, Emeritus Professor of Psychology in the psychology department at Royal Holloway University of London, UK and Robin Law, Westminster University, UK
Series: *The Psychology of Everything*

The Psychology of the Paranormal presents an engaging introduction to belief in, and experience of, the paranormal. Large proportions of the world's population believe in some form of paranormal phenomena, and this book will consider the existence of supporting evidence, as well offer important insights into the origins of human belief systems. Featuring coverage of psychic communication, alien contact, and astrology, this book is an essential read for anyone looking to understand why

paranormal beliefs are so widespread.

Routledge

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The Psychology of Weather



Trevor Harley, University of Dundee
Series: *The Psychology of Everything*

The Psychology of Weather provides an accessible and up to date account of how humans interact with the weather. Beginning with an exploration of why humans are so fascinated by the weather, the book introduces ideas about weather watchers, extreme occurrences of weather, and how the media portrays different weather events. The book also provides a fascinating insight into how the weather can affect our mood and behaviour; its role in mental disorders and phobias such as SAD and Brontophobia, as well as how it can impact our consumer choices and reasoning behaviour. This book is an essential read for anyone looking to understand the human

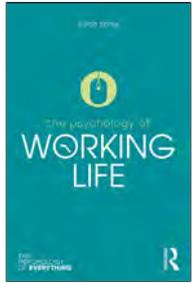
relationship with the weather.

Routledge

Market: Weather
October 2018: 198x129: 94pp
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Pb: 978-0-815-39487-7: £9.99
eBook: 978-1-351-18505-9

* For full contents and more information, visit: www.routledge.com/9780815394877

The Psychology of Working Life



Toon W. Taris, University of Utrecht, the Netherlands

Series: *The Psychology of Everything*

Providing a brief yet thorough overview of the most famous psychological ideas and findings that influence working life today, whether they have been found to be incorrect or even partly true, *The Psychology of Working Life* asks two key questions: why do we work the way we do, and if work performance can be improved, at what costs are there for the individual worker? Charting our ideas about work from the Greeks through the scientific management movement and onto the IT revolution of the present day, the book will appeal to students of organizational psychology, HRM and related areas, professionals, or general readers interested in the principles upon which their

working lives are based.

Routledge

Market: Psychology

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* For full contents and more information, visit: www.routledge.com/9781138207257

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