

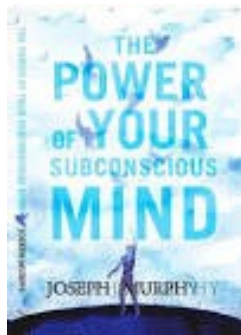


ATENEO DE ZAMBOANGA UNIVERSITY

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NEW ACQUISITIONS

PSYCHOLOGY



Murphy, Joseph, The Power of your Subconscious Mind Mumbai, India: Wilco International, c2021 [CO BF 145 .M8 2021]

A life-changing classic, The Power of Your Subconscious Mind has opened millions of readers to the unseen force within them. One of the most beloved and bestselling inspirational guides of all time, the book shows how changing your through patterns can produce amazing and positive transformations in your life.

Murphy has combined scientific research within spiritual philosophy to create numerous techniques to control the incredible power of the subconscious mind and puts forth the theory that the subconscious mind has a profound influence on everything an individual does and experiences. He asserts that if an individual completely believes in something and clearly pictures it in his mind, he will succeed in removing all the mental blocks that stand between the vision and the reality. He concludes that every individual can manifest a successful reality just by completely and truly believing in it.

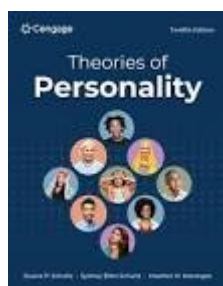
Using practical, easy-to-understand techniques and real-world case studies, Dr. Joseph reveals the vast influences of the subconscious mind on all aspects of existence—money, relationships, jobs, happiness — and how you can apply and direct its power to achieve your goals and dreams.

Dias, Jackson Cognitive Psychology New Delhi: Discovery Publishing House, [c2024] [CO HF 201 .D53 2024]

During an earlier period, behaviorism reigned supreme as the prevailing perspective in psychology. This particular theory asserted that all our behaviors are acquired through interactions with the surrounding environment. Its primary focus lies solely on observable behavior, disregarding thoughts and emotions. However, as time progressed, researchers grew more intrigued by the internal processes that influence behavior rather than solely examining outward actions. During the cognitive revolution in psychology, a significant shift took place. It marked a period of extensive research exploring various aspects such as memory, attention, and language acquisition.



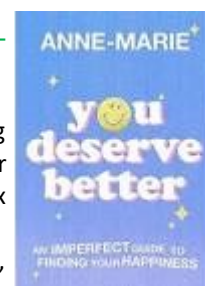
Cognitive psychology is an essential discipline that aids researchers in understanding the complex functioning of the human brain. Moreover, it enables psychologists to offer valuable assistance to individuals. The focal point of this book is cognitive psychology, as it provides a comprehensive examination of its definition and sheds light on its historical evolution. Additionally, the book delves into the current avenues of research within this field, providing a deeper understanding of its contemporary progress.



Schultz, Duane P., Theories of Personality 12th Edition USA: Cengage, [c2025] [CO HQ 783 .S32 2025]

Schultz/Schultz/Maranges' THEORIES OF PERSONALITY, 12th EDITION, discusses major theorists and theories. This text not only clearly presents a diverse array of theories of personality, but also does so in a way that is easy to read and that includes details of the theorists' lives and personalities. Additionally, it includes details of psychological research conducted with real people. Students are invited to reflect on the newly presented information, especially as it applies in their own lives, via the Pause for Reflection feature.

Nicholson, Anne-Marie, You Deserve Better: An imperfect guide to finding your happiness London: Orion Spring, [c2021] [CO BF 637.S4 A654 2021]



Sometimes it feels so hard to love yourself. We worry that we're not good enough or we're being selfish if we take time to prioritise what we need. But self-love is so important and even if we're our own biggest critic, it can be done! You deserve better xxx

Hands up if you're fed up with being told you need to go on this diet, you need to behave this way, or you probably shouldn't wear this outfit...the list goes oooooon.

Anne-Marie's been told these things her whole life too and they didn't make her feel any better. But now, she's discovered the simple tools that mean she treats herself with the love and respect she needs and this, in turn, means she's able to go out into the world and be as strong, confident and true to herself as she can be. And she wants YOU to be able to do the same.

You Deserve Better is the must-read book from singer-songwriter Anne-Marie that doesn't give you fluffy promises about self-care but speaks honestly about body image, mental health, being successful at work and more. It's the real advice that every person needs to hear to be happier in themselves and in the world. Cause you know what?

YOU DESERVE BETTER.



Stevenson, Andrew, The Psychology of Travel New York, NY: Routledge, c2023 [CO G 155.A1 S6673 2023]

The Psychology of Travel provides an eclectic introduction to the range of travel experiences from commuting, to going on holiday, to studying abroad. Travel is a near-universal experience and manifests itself in various forms, from everyday experiences to exotic adventure, although it varies across time and cultures. The book unpacks the concepts of travel, and engages with topics including migration, wellbeing, acculturation, wayfinding, slow travel, place attachment and nostalgia, and brings them into sharp focus in relation to globalization and climate change.

By asking what drives us to journey and offering key insights into the psychological factors behind different kinds of travel, The Psychology of Travel introduces the reader to new ways of thinking about global mobility and movement.



Santrock, John W., Essentials of Life-Span Development: 2024 release New York, NY: McGraw Hill LLC, [c2024] [CO BF 713 .S26 2024]

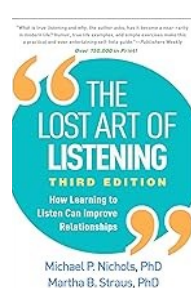
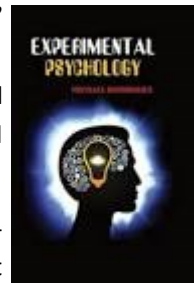
Essentials of Life-Span Development is organized chronologically and covers all periods of the human life span, from the prenatal period through late adulthood and death. Providing a broad overview of life-span development, this text especially gives attention to the theories and concepts that students seem to have difficulty mastering.

Rodrigues, Michael, Experimental Psychology New Delhi: Discovery Publishing House, [c2024] [CO BF 181 .E97 2024]

Experimental psychology is an ever-evolving discipline that bridges the gap between theory and practice. It seeks to understand the fundamental processes that shape our thoughts, emotions, and actions by employing rigorous experimental and empirical evidence.

This comprehensive guide presents a synthesis of theories, experiments, and groundbreaking research conducted by esteemed scholars in the field. The book presents a collection of topics that highlight the diverse areas within experimental psychology, ranging from perception and attention to learning and memory, from social cognition to developmental psychology, and beyond. Each chapter is a meticulous blend of theoretical methodological approaches, and exciting findings that will captivate your imagination and encourage critical thinking. As you navigate through this book, reflect on the significance of each study, the implications of the research, and the remarkable breakthroughs that have shaped our understanding of human mind. Be inspired to think creatively, question established theories, and explore uncharted territories.

Experimental psychology is the field where innovation thrive, and it demands open minds, relentless, curiosity, and a person for discovery. This book serves as a guiding light, igniting your passion for experimental psychology and inspiring you to make your own contributions to this vibrant and ever-evolving field. Whether you are a student aspiring to explore the depths of human behavior, an academic researcher aiming to push the boundaries of knowledge, or simply an inquisitive mind keen on understanding the intricacies of human cognition, this book is designed to ignite your curiosity and provide you with a solid foundation in experimental psychology.

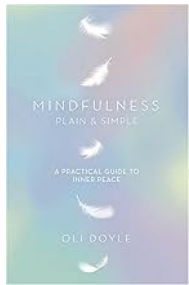


Nichols, Michael P., The Lost Art of Listening: How Learning to Listen can Improve Relationships New York, NY: The Guilford Press, c2021 [CO BF 323.L5 N53 2021]

"That isn't what I meant!" Truly listening and being heard is far from simple, even between people who care about each other. This perennial bestseller--now revised and updated for the digital age--analyzes how any conversation can go off the rails and provides essential skills for building mutual understanding. Thoughtful, witty, and empathic, the book is filled with vivid stories of couples, coworkers, friends, and family working through tough emotions and navigating differences of all kinds.

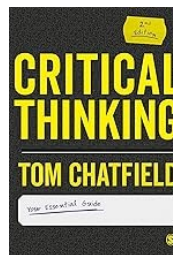
Oli, Doyle, Mindfulness: Plain and Simple Great Britain: Orion, c2014 [CO BF 637.P3 .D69 2014]

MINDFULNESS PLAIN & SIMPLE provides the tools, tips and tricks you need to de-stress and de-clutter your mind.



Inner peace and happiness are available now, and they're closer than you think. By taking just a few minutes out of your day and making the simple but dramatic shift into the present moment, you will find more focus, effectiveness and clarity than you ever thought possible. There is no jargon, religion or new age vision quest, just simple tools to be happier and more confident straight away.

Oli Doyle is renowned for teaching mindfulness directly to those with no experience. For anyone seeking a simple, practical guide to living mindfully, this book is a must.



Chatfield, Tom, Critical thinking Los Angeles: SAGE, c2022 [CO BF 809.2 .C43 2022]

Your personal toolkit for critical thinking provides a power pack of resources to help you succeed in your essays and coursework - and in life!

Crooks, Robert, Our Sexuality: Enhanced 14th Edition Mason, IH: Cengage, c2025 [CO HQ 21 .C76 2025]

Our Sexuality, now in its enhanced 14th Edition, provides students with an engaging, personally relevant, politically astute, and academically sound introduction to human sexuality. The textbook's comprehensive integration of psychological, social, biological, behavioral, cultural, and political aspects of sexuality has been consistently well received in each edition.

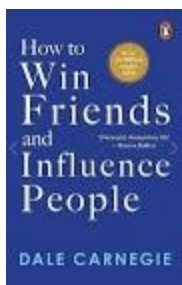


Demetriou, Andreas, Educating the Developing Mind: A Developmental Theory of Instruction New York, NY: Routledge, c2024 [CO BF 723.C5 D453 2024]

A must-read for anyone working within education or intellectual development, Educating the Developing Mind introduces and integrates classical and modern research with the theory of the developing mind, creating a robust theory of learning and instruction. Drawing on the theories of Piaget, Bruner, and Vygotsky, coupled with 40 years of empirical research, this book highlights the importance of individual and social construction in learning and proposes a robust framework and methodology for teaching and strengthening learner cognitive processes.

Filled with subject-specific research, this essential book highlights how cognitive development takes place and advocates a guided constructive approach to teaching. Topics explored span from the individual learner to the wider educational community, including but not limited to:

- Development of the mind
- Personality and individuality
- The brain



Carnegie, Dale, How to win friends and influence people Singapore: Penguin Random House SEA, c2023 [CO BF 637.S8 C37 2023]

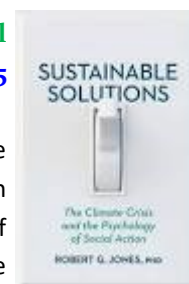
Command attention, charm your superiors, and win people over wherever you go. *How to Win Friends and Influence People* has helped thousands of readers gain self-confidence and unlock life-changing opportunities-and now, it's your turn.

Master the fine art of communication, express your most important ideas, and create genuine impact with the help of international bestselling author Dale Carnegie. Written in his trademark conversational style, this book illustrates time-tested techniques through engaging anecdotes and events from the lives of legendary orators, historical figures, and successful leaders.

Full of timeless wisdom and sage advice, this practical handbook on human relations will equip you to navigate the treacherous waters of interpersonal relationships in both business and social settings. Now you too can unearth your true potential, forge long-lasting relationships, and discover *How to Win Friends and Influence People* in every walk of life!

Jones, Roebt, Sustainable Solutions: The Climate Crisis and the Psychology of Social Action Washington, DC: American Psychological Association, c2022 [CO BF 353.5.C55 J65 2022]

A sustainable future requires more than just technological innovation. We must change the way we think and behave to avoid environmental catastrophe. The lessons of applied psychology are crucial in this endeavor. This book combines insights from biological adaptation with a psychological analysis of the ways in which we identify problems, consider solutions, and take action. Dr. Jones examines the complicated web of behaviors and motivations that underlie our sustainability problem, and identifies concrete actions social scientists, policymakers, and individuals can take to help transform ourselves, and our planet, for the better.



For centuries, human beings have transformed our physical environment to service our needs and desires. But today, thanks to the waste and depletion of natural resources and the looming threats of climate change, we must learn to adapt ourselves in order to create a sustainable planet for our children and grandchildren. *Sustainable Solutions* is written for scholars and students in environmental, applied, and evolutionary psychology, as well as a scholarly and advocacy audience in conservation, sustainability, and environmental studies.



Gilligan, Carol, In a Human Voice Cambridge, UK: Polity Press, c2023 [CO HQ 1206 .G5815 2023]

Forty years later, Gilligan returns to the subject matter of her classic book, re-examining its central arguments and concerns from the vantage point of the present. Thanks to the work that she and others have done in recent decades, it is now possible to clarify and articulate what couldn't quite be seen or said at the time of the original publication: that the "different voice" (of care ethics), although initially heard as a "feminine" voice, is in fact a human voice; that the voice it differs from is a patriarchal voice (bound to gender binaries and hierarchies); and that where patriarchy is in force or enforced, the human voice is a voice of resistance, and care ethics is an ethics of liberation. While gender is central to the story Gilligan tells, this is not a story about gender: it is a human story.

With this clarification, it becomes evident why *In a Different Voice* continues to resonate strongly with people's experience and, perhaps more crucially, why the different voice is a voice for the 21st century.