



Psychology: The Stuff You can Really Use

Bradley W. Rasch

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Psychology: The Stuff You Can Really Use offers a thought-provoking description of some of the basics of psychology that can be used to enhance your life and to understand yourself and others better. Having worked as a psychologist for over thirty years, and having had the opportunity to teach the subject at the college level for the same amount of time, author Brad Rasch has discovered what this field has to offer that is useful and interesting. This practical reference guide provides information that can be used to enhance your life and gain a better understanding of yourself and others. He examines several different topics that can aid in developing strong mental health like having a hobby that can allow us to relax, reduce stress, and improve our mental health. Hobbies can also encourage us to find and relate to others with a similar passion. Another topic he tackles is the concept that one man's fault is another man's lesson-we learn from the mistakes that others make. Psychology: The Stuff You Can Really Use facilitates learning from the vast experience and expertise of the author by offering his thoughts on a variety of topics relating to psychology in short passages.

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