



# Why We Do the Things We Do: Psychology in a Nutshell

*Joel Levy*

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Can you really tell a criminal by the bumps on his head? What does a memory look like? Can a machine think? Why are some people shy? Is it better not to feel so much? All these questions are central to the study of psychology and have troubled the minds of some of the greatest thinkers in human civilization.

The workings of the mind have fascinated mankind for centuries but often the theories are so complex that for many it is almost impossible to have a clear idea of the concepts. In *Why We Do the Things We Do*, Joel Levy unlocks the important studies and theories in a series of simple questions and answers that shine new and uncomplicated light on the important aspects of psychology, and demystifies the key questions by tracking their origins in the writings of some of the most prominent thinkers in the various fields, showing how these ideas and concepts have developed over time.

With each section broken down into the key concepts, issues and arguments, considering how these ideas influence the way we all go about our daily lives, *Why We Do the Things We Do* will demystify and illuminate this fascinating subject.

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