



# PSYCHOLOGY AROUND US

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## A note about **PSYCHOLOGY AROUND US** from the authors...

**Psychology is all around us.** If ever there were a subject that permeates our everyday lives, daily challenges, and immediate and broad environment, it is psychology. Behavior is everywhere, and the study of behavior can help shed light on the widest range of events and issues.

**PSYCHOLOGY AROUND US** helps to open students' minds to the understanding that psychology is around them every day and that its principles are immediately applicable to a whole host of life questions. It also features classroom-proven pedagogy to keep students engaged and help them master the material.

As professors and researchers, we are both passionate about the study of psychology and genuinely fascinated by topics such as behavior, thought, and emotion. When we teach a course, we consider ourselves successful if we have transferred our passion about psychology to our students. This same criterion of success should be applied to textbooks in psychology: a successful textbook should move, excite, and motivate students.

Between the two of us, we have taught Introductory Psychology, Abnormal Psychology and Neuroscience for about 50 years. Throughout those years, we have always been struck by how differently students react to various subjects of psychology. For example, all students find Abnormal Psychology fascinating, relevant, and "alive," while many consider other areas of psychology to be flat and removed from their lives. Thus, while excited by their abnormal psychology text, they are often disappointed by their introductory psychology text. There is something very wrong with this. After all, like abnormal psychology, general psychology deals with people and with behavior; and what can be more interesting than that? Granted, abnormal behaviors are often exotic and puzzling, and people who display them generate empathy, sympathy, and curiosity. But, certainly, normal behavior is every bit as remarkable.

This gap between the appeal of abnormal behavior and that of normal behavior occurs throughout psychology. Students are fascinated by instances of "memory gone bad" yet take for granted that people can remember in the first place. They love to follow the activity of serotonin and dopamine when studying mood disorders and schizophrenia, but not when learning about these neurotransmitters in an introductory psychology course. Students are captivated by failures in attention (ADHD), thought (schizophrenia), communication (autism), or coping (posttraumatic stress disorder), yet almost nonchalant about the fact that people usually attend, think, communicate, and cope quite well. And they keenly appreciate the importance and effects of psychotherapy, yet almost overlook everyday instances of attitude, behavior, and mood change.

Our textbook is dedicated to helping students appreciate that normal behavior is indeed fascinating – to energize, excite and demonstrate for them the enormous relevancy of psychology.

This book will encourage professors to help open their students' minds to the idea that psychology is all around us. This text allows students to examine what they know about human behavior and how they know it; and opens them up to an appreciation of psychology in all aspects of our lives. In addition to helping professors show the relevance of psychology to students outside of the classroom, **PSYCHOLOGY AROUND US** allows students to see the big picture by stressing the interconnected nature of psychological science.

