



# Psychology Made Easy

By Chuck T. Falcon, Chuck Tilton Falcon

Download now

Read Online ➔

## Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon

A new handbook endorsed by major psychology organizations, Psychology Made Easy, covers over 100 personal problems, crises, and life skills and decisions, including judging love and relationships, detecting lies, 33 areas of raising children, addictions, obesity, stress, attention deficit disorder, and eating disorders.

The book describes the behaviors linked to happiness and explains exactly what love is, in actions. It shows how to overcome depression, a bad temper, grief over a loss, anxieties or worries, fears or phobias, low self-esteem, nervous habits, insomnia, and sexual problems. It helps you decide if a friend or romance is good for you, if your partner would make a compatible husband or wife, if you are ready to become a parent, if you should get a divorce, or if you need professional help for your problems. It explains how to effectively complain without causing anger, how to best deal with someone else's anger, how to improve your social life or find a romance, and how to keep your marriage strong or improve or save it. For divorcing parents, it details how to make the divorce easier on your children and how to make custody decisions. Other sections teach how to get over the past, learn from your dreams, and comfort a dying person. One part describes how to help a suicidal friend and the signs counselors use to determine the risk of suicide. Parents can learn how to often avoid the need for discipline, the best ways to deal with toilet training, thumb sucking, nail biting, stuttering, profanity, lying, stealing, and teenage problems, and how to protect their children from sexual abuse without being sexually explicit.

Women can learn how to prevent rape, including date rape. The book describes the most effective responses to child abuse, woman abuse, sexual harassment, or rape. Surprisingly, going in a battered women's shelter doesn't really help unless the woman takes other steps to change things. Abusers' counseling programs often don't help at all and may actually increase your risk by leading to a false sense of security. Arresting the man may or may not help, depending on the type of man. Couple's therapy without a clear focus on a partner's violence is dangerous because discussing difficult and emotional issues can easily lead to violence.

Psychology Made Easy is packed with useful ideas and a bargain compared to one session of counseling. By cross-referencing between related areas and

general techniques, deceptively short chapters add up to comprehensive instructions for each issue. Chapters end with more resources: the best new books on each topic, national support groups (both phone numbers and Internet addresses), and hotline numbers. Because personal problems are often interrelated, the wide range of topics breaks the tradition of a narrow focus in self-help psychology books in order to see the larger picture.

The book contains up-to-date critiques of controversies in psychology, such as how counseling can cause multiple personality, electroshock therapy, the often foolish labeling of psychological diagnoses, and ineffective types of psychotherapy. You can learn how to choose a good counselor. Psychology Made Easy also details surprising facts about what does and doesn't work in preventing violence, crime, and drug use, including how government policies cause much crime and waste massive resources on ineffective programs when we know other programs work much better.

 [Download Psychology Made Easy ...pdf](#)

 [Read Online Psychology Made Easy ...pdf](#)

# Psychology Made Easy

*By Chuck T. Falcon, Chuck Tilton Falcon*

## **Psychology Made Easy** By Chuck T. Falcon, Chuck Tilton Falcon

A new handbook endorsed by major psychology organizations, *Psychology Made Easy*, covers over 100 personal problems, crises, and life skills and decisions, including judging love and relationships, detecting lies, 33 areas of raising children, addictions, obesity, stress, attention deficit disorder, and eating disorders.

The book describes the behaviors linked to happiness and explains exactly what love is, in actions. It shows how to overcome depression, a bad temper, grief over a loss, anxieties or worries, fears or phobias, low self-esteem, nervous habits, insomnia, and sexual problems. It helps you decide if a friend or romance is good for you, if your partner would make a compatible husband or wife, if you are ready to become a parent, if you should get a divorce, or if you need professional help for your problems. It explains how to effectively complain without causing anger, how to best deal with someone else's anger, how to improve your social life or find a romance, and how to keep your marriage strong or improve or save it. For divorcing parents, it details how to make the divorce easier on your children and how to make custody decisions. Other sections teach how to get over the past, learn from your dreams, and comfort a dying person. One part describes how to help a suicidal friend and the signs counselors use to determine the risk of suicide. Parents can learn how to often avoid the need for discipline, the best ways to deal with toilet training, thumb sucking, nail biting, stuttering, profanity, lying, stealing, and teenage problems, and how to protect their children from sexual abuse without being sexually explicit.

Women can learn how to prevent rape, including date rape. The book describes the most effective responses to child abuse, woman abuse, sexual harassment, or rape. Surprisingly, going in a battered women's shelter doesn't really help unless the woman takes other steps to change things. Abusers' counseling programs often don't help at all and may actually increase your risk by leading to a false sense of security. Arresting the man may or may not help, depending on the type of man. Couple's therapy without a clear focus on a partner's violence is dangerous because discussing difficult and emotional issues can easily lead to violence.

*Psychology Made Easy* is packed with useful ideas and a bargain compared to one session of counseling. By cross-referencing between related areas and general techniques, deceptively short chapters add up to comprehensive instructions for each issue. Chapters end with more resources: the best new books on each topic, national support groups (both phone numbers and Internet addresses), and hotline numbers. Because personal problems are often interrelated, the wide range of topics breaks the tradition of a narrow focus in self-help psychology books in order to see the larger picture.

The book contains up-to-date critiques of controversies in psychology, such as how counseling can cause multiple personality, electroshock therapy, the often foolish labeling of psychological diagnoses, and ineffective types of psychotherapy. You can learn how to choose a good counselor. *Psychology Made Easy* also details surprising facts about what does and doesn't work in preventing violence, crime, and drug use, including how government policies cause much crime and waste massive resources on ineffective programs when we know other programs work much better.

## **Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon Bibliography**

- Sales Rank: #4628044 in Books
- Published on: 2000-02
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x 6.00" w x 1.25" l,
- Binding: Paperback
- 553 pages

 [Download Psychology Made Easy ...pdf](#)

 [Read Online Psychology Made Easy ...pdf](#)

## Editorial Review

### Review

an enjoyable and easy read ... I would recommend it to consumers, students, clergy, teachers, volunteers, and other... -- *The American Mental Health Counselors Association, The Advocate, Sept/Oct 2000.*

easy-to-understand ... comprehensive ... a well-written reference guide ... Chuck Falcon has given the reader the means to find peace and happiness! -- *Richard Fuller, New Age expert, Metaphysical Reviews, metarev.com, Oct. 2000.*

### From the Publisher

Do any of your family members or loved ones seem to need a counselor but never go? They might not need to. Author Chuck Falcon's new self-help psychology book, *Family Desk Reference to Psychology*, offers easy, practical, expert counseling advice at your fingertips. Written in clear, everyday language, this sensible reference covers over 100 personal problems, decisions, and life skills -- from how to choose a mate wisely to nurturing your child's self-esteem to finding out how to avoid incompetent psychologists and psychiatrists. The comprehensive list of topics includes romantic love, marriage and divorce, parenting, self esteem, anxiety and depression, as well hot issues such as sexual abuse and chemical dependency. Filled with practical information and advice *Family Desk Reference to Psychology* belongs alongside Dr. Spock and Joy of Cooking -- it is destined to become a classic reference in every home.

### From the Back Cover

Experts agree on this handbook--

Practical, Expert Counseling Information at Your Fingertips!

### National Mental Health Association:

"An easy-to-read reference book, like reading a self-help medical guide ... enlightened and comprehensive ... A terrific capacity of understanding, compassion, and clinical knowledge creates very interesting and informative reading."

### National Self-Help Clearinghouse:

"a bountiful source of information ... no-nonsense solutions to problems. Use it as a guide to better emotional health."

### Journal of Contemporary Psychotherapy:

"highly recommended ... immensely beneficial ... child rearing is discussed with utmost sensitivity and know-how ... a tribute to the field of psychology ... a balm for those who suffer."

### International Academy of Behavioral Medicine, Counseling, and Psychotherapy:

"remarkable ... an excellent text ... designed for the general public, but a useful guide for behavioral health professionals and practicing clinicians."

### Clinical Psychologist, Psychology Professor, Certified Prescribing Psychologist, Certified Forensic Examiner, and Catholic deacon, Dr. Thomas Holsworth:

"The book defines love clearly in behaviors and teaches us how to love ourselves and other people in our

lives. ... a must for anyone asked to give talks to a lay audience on just about any psychological topic or issue."

Covers over 100 personal problems, decisions, crises, and life skills, including:

- \* Happiness
- \* Judging Love, Relationships
- \* Dating
- \* Marriage
- \* Addictions
- \* Obesity
- \* Depression
- \* Anger
- \* Pregnancy
- \* 33 areas of Raising Children
- \* Divorce
- \* Detecting Lies
- \* Insomnia
- \* Stress
- \* Self-Esteem
- \* Gambling
- \* Abuse
- \* Rape
- \* Sexual Harassment
- \* Sex Problems
- \* Old Age
- \* Suicide
- \* Grief
- \* Phobia
- \* Attention Deficit Disorder
- \* Eating Disorders
- \* Dream Work

## **Users Review**

**From reader reviews:**

**Gregorio Leslie:**

Book is to be different for every single grade. Book for children until finally adult are different content. As you may know that book is very important for us. The book Psychology Made Easy ended up being making you to know about other information and of course you can take more information. It is very advantages for you. The e-book Psychology Made Easy is not only giving you considerably more new information but also to become your friend when you sense bored. You can spend your own personal spend time to read your reserve. Try to make relationship using the book Psychology Made Easy. You never really feel lose out for everything should you read some books.

**Edward White:**

Now a day individuals who Living in the era wherever everything reachable by talk with the internet and the

resources included can be true or not involve people to be aware of each information they get. How many people to be smart in receiving any information nowadays? Of course the reply is reading a book. Looking at a book can help men and women out of this uncertainty Information specifically this Psychology Made Easy book because book offers you rich info and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it as you know.

**Diana Erickson:**

This Psychology Made Easy are usually reliable for you who want to be a successful person, why. The explanation of this Psychology Made Easy can be one of the great books you must have will be giving you more than just simple looking at food but feed you with information that possibly will shock your before knowledge. This book is actually handy, you can bring it just about everywhere and whenever your conditions in e-book and printed ones. Beside that this Psychology Made Easy forcing you to have an enormous of experience such as rich vocabulary, giving you trial of critical thinking that could it useful in your day exercise. So , let's have it and luxuriate in reading.

**Carmen Dana:**

This Psychology Made Easy is great guide for you because the content that is full of information for you who else always deal with world and also have to make decision every minute. That book reveal it facts accurately using great arrange word or we can declare no rambling sentences included. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only offers you straight forward sentences but challenging core information with splendid delivering sentences. Having Psychology Made Easy in your hand like keeping the world in your arm, details in it is not ridiculous just one. We can say that no book that offer you world throughout ten or fifteen moment right but this e-book already do that. So , this is good reading book. Hey Mr. and Mrs. active do you still doubt that?

**Download and Read Online Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon #LNVRCA42781**

## **Read Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon for online ebook**

Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon books to read online.

## **Online Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon ebook PDF download**

### **Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon Doc**

**Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon Mobipocket**

**Psychology Made Easy By Chuck T. Falcon, Chuck Tilton Falcon EPub**