



Psychology Made Easy

By Chuck T. Falcon, Chuck Tilton Falcon

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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.

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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:

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