



# Psychology Made Easy

By Chuck T. Falcon, Chuck Tilton Falcon

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## 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.

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

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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:**

**Deb Valdez:**

The event that you get from Psychology Made Easy may be the more deep you looking the information that hide within the words the more you get interested in reading it. It does not mean that this book is hard to know but Psychology Made Easy giving you enjoyment feeling of reading. The writer conveys their point in selected way that can be understood by anyone who read the item because the author of this e-book is well-known enough. This kind of book also makes your vocabulary increase well. Making it easy to understand then can go along with you, both in printed or e-book style are available. We highly recommend you for having this specific Psychology Made Easy instantly.

**Helen Woodson:**

Reading a book to be new life style in this season; every people loves to examine a book. When you learn a

book you can get a lot of benefit. When you read publications, you can improve your knowledge, since book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. In order to get information about your research, you can read education books, but if you want to entertain yourself you are able to a fiction books, this kind of us novel, comics, and also soon. The Psychology Made Easy provide you with a new experience in reading a book.

#### **Paul Quintana:**

In this time globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The healthiness of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher that will print many kinds of book. Often the book that recommended for your requirements is Psychology Made Easy this book consist a lot of the information in the condition of this world now. This specific book was represented how can the world has grown up. The terminology styles that writer require to explain it is easy to understand. The particular writer made some investigation when he makes this book. That is why this book acceptable all of you.

#### **Robert Rascoe:**

A lot of people said that they feel bored when they reading a guide. They are directly felt this when they get a half regions of the book. You can choose typically the book Psychology Made Easy to make your personal reading is interesting. Your current skill of reading expertise is developing when you like reading. Try to choose easy book to make you enjoy to learn it and mingle the idea about book and studying especially. It is to be 1st opinion for you to like to open a book and examine it. Beside that the reserve Psychology Made Easy can to be your new friend when you're feel alone and confuse with the information must you're doing of these time.

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