



## Psychology of Human Behavior

*David W. Martin*

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What comes to mind when you picture a psychologist

If you're like most people coming to this fascinating field for the first time, the picture is apt to be a very familiar one.

A quiet room. A leather couch. A neatly bearded, scholarly looking gentleman seated off to the side, only rarely speaking, quietly taking notes and occasionally nodding as the couch's supine occupant tells his or her story.

In some ways, such a picture would indeed be accurate, a confirmation not only of the importance of Sigmund Freud in the history of psychology but also of the degree Freud dominates the popular perception of this discipline.

But the picture would be inaccurate, as well.

Freud was a physician, and the majority of psychologists are not. Both the psychoanalytic theory he pioneered and the therapeutic approach it was based on psychoanalysts have seen their dominance wane in recent years. And psychologists today, as indebted as they may be to Freud's landmark explorations of our psychological landscape, are involved in far more than helping people cope with inner demons.

The expansive and varied roles of contemporary psychologists create another common image of a crowd of white-coated researchers gathered around a maze, carefully recording a white rat's performance. It's another inadequate picture because experimental psychologists today usually work with people, not animals.

Moreover, the areas of interest those psychologists are pursuing now encompass every part of the process we use to develop and function as people:

How we perceive, remember, and learn

How we select our friends and partners and retain their affection and love

The things that motivate us as we make our choices in life

Even how we relate to the vehicles, machinery, computer systems, or workspaces we encounter as we make our livings.

## Psychology of Human Behavior Details

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## **From Reader Review Psychology of Human Behavior for online ebook**

### **Kadri says**

A lot of interesting topics, but some of them remained very basic. Would have appreciated some more depth, but then again, it is probably meant as an introductory course.

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### **Leif Denti says**

Basic psychology explained by a master tutor. Everyone should read this book.

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### **Mohamad Sani says**

Comprehensive for those who interested in learning Psychology academically, but some lectures (such as research methods) are unnecessary for general audience.

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### **Jennifer says**

A little slow at points, but it is a lecture series after all! I read it to improve my leadership. What I learn was beneficial.

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### **Emmy Gregory says**

This was not one of the better Great Courses. Perhaps Robert Sapolsky and Robert Greenberg have raised my expectations too high but in places this was kinda painful. In particular the clinical psychology lectures were, well... Martin is not a clinical psychologist, but still. Some sensitivity to the subject would have been good. I don't expect to hear academics use words like "crazy", nor do I expect them to take the line that OBVIOUSLY we'd all be uncomfortable at the sight of a dude in a dress. He's been doing this thing for a long time and it feels like he's resentful at the way psychology has moved on in the last 20 years.

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### **SVRosenmeier says**

Another great psychology book by The Great Courses.  
It covers both physic and the psychological parts of behavior and covers all the basics with a good detail level.

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## **Ralph Trickey says**

Check the table of contents.

It's an excellent book if you're looking for a history of psychology and a brief overview of psychology and human behavior. If you're looking for a more in depth look at current thinking, it may not be deep enough.

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## **Aubrey Terron says**

I enjoyed this. It was really frustrating to listen to the same old biased tripe about "pair bonding in ancestral humans", and it made me wonder what else of the material he covered might be tragically wrong, (please read *Sex at Dawn*), but other than that it was informative and fun.

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## **???? ???? says**

The rating isn't for the contents, how can I rate a scientific reference to huge science such as Psychology while my only knowledge about it is summarized in "One Flew Over the Cuckoo's Nest" ?

I can only speak about how it was presented, I found it highly informative, covers wide range of Psychology's different fields, easy to understand for someone with no proper background, and yet it goes deep clarifying various of complicated points without losing the attention of the listener.

The professor way of speaking is quiet clear, professional, and charismatic, which is very important to keep you attached for 18 hours of lecturing, otherwise you would drop the whole thing out after couple of hours.

I recommend it to whomever wants a proper introduction to psychology, you would find whatever you're looking for here.

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## **Marcus says**

Well, what do you know, lectures from The Teaching Company can actually educate as well as entertain. Who would have guessed that?! OK, I'm being quip now, but there is a grain of truth in my initial statement. This is the first set of lectures from TTC that is really way outside my 'comfort zone' and I must say that it **was** a true learning experience.

OK, so what's this lecture set about and how good is it? It consists of 36 30 minutes long lectures, although you can discount the first and the last of them. The material covered is, as expected in these introductory setups, very wide and not especially in-depth. About half of the lectures is dedicated to clinical psychology - a bit of history followed by an overview of mental health in general, disorders, treatments, drugs and so on. Remainder of the course is dedicated to wide range of topics such as social psychology, learning processes, memory, reasoning, evolutionary psychology and finally engineering psychology.

In my opinion, when it comes to the quality of these lecture sets, a lot depends on the lecturer. Professor Martin certainly does give the impression of being an expert in his field, but what's much more important,

he's also an excellent lecturer. He keeps good pace and has an engaging style. This is very important, because this set of lectures is presented in much more traditional manner than most of the history sets that I've previously listened to. Here, you really have a feeling of attending university level psychology 1.0.1 lecture sessions!

So, in summation, 'Psychology of human mind' gave me 18 hours of quite enjoyable time while teaching me a bunch of new interesting stuff. I can think of much worse ways of spending time. Highly recommended!

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### **Tanya says**

I loved the first half of the course which talked about abnormal psychology, but I was less interested in the normal psych, which to me seemed so common-sensical that the explanations were overkill.

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### **Gary Beauregard Bottomley says**

I'll accept all genres of learning except the boring genre. There's no reason that psychology with its intersections between philosophy, science, the mind, and human nature should ever be anything but interesting, but this lecture gives the exception to the rule. Save yourself from this lecture and read "The Blank Slate" by Stephen Pinker instead. The one redeeming feature about this lecture is the lecturer comments favorably on that book.

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### **Matimate says**

It was comprehensive and well put course with many things to look up after it was finished.

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### **Alex says**

Very broad range of topics and easy to understand.

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### **Donald says**

For someone without much or any background in Psychology, this was a good starting point. A bit dry at times, Martin certainly conveys the content. I came away with a bit of vocabulary and history, but knowing that I need to go deeper to really understand anything about this field.

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