



# The Complete Idiot's Guide to Psychology: CIG to Psychology

*Joni E. Johnston*

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## **The Complete Idiot's Guide to Psychology: CIG to Psychology** Joni E. Johnston

This fascinating, straightforward guide to psychology shows you exactly why the mind matters. Clinical Psychologist Joni Johnston explains how your thoughts influence your disposition and affect your body, helping you develop a greater understanding of yourself and the people around you. The contents include a complete tour of the nervous system, thoughtful explanations of mental health issues and their treatments, and strategies on how to use positive psychology to make your life better.

## **The Complete Idiot's Guide to Psychology: CIG to Psychology Details**

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## **From Reader Review The Complete Idiot's Guide to Psychology: CIG to Psychology for online ebook**

### **Ed says**

Informative and entertaining. My only issue is that it did not say anything about the mental health of someone who would buy a book that identifies him/her as a "complete idiot."

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### **Jessi says**

It doesn't go into detail so if you are looking for a book with a lot of detail on how the mind works, look elsewhere. This is just the basics of psychology.

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### **Connie says**

hard to understand at times, but overall a great book with lots of insight

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### **Kylie Young says**

This book was more banter than educational substance. I found it basic even for a beginner.

A much better book for a beginner is "A Rough Guide To Psychology" by Christian Jarrett.

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### **Jalaj Jha says**

As the same suggests, it is a good book to start learning on the subject - Psychology. For those who are already acquainted with the subject (not the Pros) this book provides one-stop solution to fill all the gaps in their learning.

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### **Piret says**

The book is pretty informative and covers the basics of psychology without actually going deep into it. It has slightly a text book feel to it but if you've never read anything about psychology before then it's a good start. What I didn't like was how the author constantly tried to give her opinion about things and with many I didn't agree with it. It's one thing to have an opinion, but it's another to push your opinion on others and act like it's the only right way. I don't support an author who is obviously an extrovert, funded by parents to go get an education, never had any problems in life and all she knows is situations from textbooks, unable to see past that and if someone is not social or following the sheep and doing whatever is considered a "norm" then there must be something wrong with them. I am an introvert and it's not a handicap like the author tries to

portray it. Not all humans are supposed to be wired the same way like out of a same mold line.

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### **Matthew LaFave says**

Better than most textbooks. This one was a Christmas present, and I found quite a bit of interesting facts in this book. For whatever reason, it seems that I run into the Complete Idiot's Guide on occasion, and I always enjoy looking through them.

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### **Jia Hui says**

An informative guide to a certain extent. Would be better if there's more depth on the left and right brain and information on personality styles.

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### **rabbitprincess says**

\* \* \* 1/2

A fairly substantial introduction to psychology, or at least as substantial as a book that tries to cover all the bases can be. It is certainly much more informative on the various types of psychological disorders: mood, anxiety, personality and so on. The chapter on stress management was also very useful. In addition, the book is sprinkled with various psychological terms and interesting anecdotes that spice up the work. Here's an example: apparently in Japan, there is a cultural taboo on opening a gift in front of the person who gave it to you, in case you make them feel uncomfortable by failing to show sufficient appreciation. I am not Japanese, but I feel the same way. At Christmas I always insist that everyone open all their gifts at once instead of taking turns and just STARING at whoever is opening a gift. Embarrassing.

Anyway, I enjoyed this book. It would almost be a four-star except for some really embarrassing spelling errors (wrong "your"/"you're", wrong "it's"/"its", consistently spelling Hitler's first name with a -ph instead of -f, you know, things that you'd expect an editor to catch). Worth a read if you want a general introduction to psychology written in a highly readable manner with a splash of humour.

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### **Niki says**

An interesting intro to the subject.

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### **Demo says**

So far it's good.

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### **Anh says**

it is informative and entertaining. what more could one ask for?

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### **Austin says**

This book was great. As with most 'complete idiots' guides, this book uses cliches and pop culture references constantly to grab your attention or drive home a particular point. I thought the author made this work well and found myself entertained while learning a lot. Definitely recommend for anyone interested in getting a pretty thorough introduction that will not put you to sleep.

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### **Stephanie Kurisunkal says**

This was an awesome book to read before taking the college class! I learned alot!

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### **Agony says**

I really enjoyed this book. It is highly informitive and well written. I also like how the author managed to implement her opinions while still remaining profesional.

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