

Routledge

# The Psychology of Everything Series 2026



# Welcome

This series explores the hidden psychological factors that drive us, from our subconscious desires and aversions, to our natural social instincts. Absorbing, informative, and always intriguing, each book is written by an expert in the field, examining how research-based knowledge compares with popular wisdom, and showing how psychology can truly enrich our understanding of modern life. Applying a psychological lens to an array of topics and contemporary concerns - from sex, to fashion, to conspiracy theories - *The Psychology of Everything* will make you look at everything in a new way.

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## The Psychology of Addiction



**Jenny Svanberg**

*Series: The Psychology of Everything*

This accessible book takes a psychological approach to understanding addiction. It considers key questions and myths surrounding addiction such as 'how do people get hooked?' and 'can you recover from addiction?' Using examples from popular culture, the book also draws on psychological and neuroscientific theories and sets addiction in a social context, comparing drug addiction with other types such as gambling and sex. It goes on to consider addiction recovery and different therapies such as mindfulness, suggesting a compassionate approach to understanding addiction may lead to changes in drug policy. It will be of interest to anyone looking for a psychological understanding of addiction.

Routledge  
March 2018 : 276pp  
Pb: 978-1-138-20728-8 : **£13.99**  
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## The Psychology of Art



**George Mather** University of Lincoln, UK

*Series: The Psychology of Everything*

How do we define art? Why do we want to create artistic works? How does the brain inform aesthetic judgement? The Psychology of Art provides an eclectic introduction to the myriad ways that psychology can enrich our understanding and appreciation of art. The book draws on scientific approaches to the study of human sensation and perception, bridging the gap between psychology and traditional approaches to art taken in the humanities. With art as a constant source of inspiration, conflict, and conversation, The Psychology of Art introduces the reader to new ways of thinking about why and how we create and consume art.

Routledge  
October 2020 : 150pp  
Pb: 978-0-367-60993-1 : **£13.99**  
Hb: 978-0-367-22607-7 : **£140**  
eBook: 978-0-429-27592-0

\* For full contents and more information, visit: [www.routledge.com/9780367609931](http://www.routledge.com/9780367609931)

## The Psychology of Artificial Intelligence



**Tony Prescott**

*Series: The Psychology of Everything*

The Psychology of AI explores all aspects of the psychology–AI relationship, asking how closely AI can resemble humans, and whether this means they could have some form of self-awareness. It considers how AI systems have been developed using human intelligence models and the similarities between brains and computers, along with the current limitations of AI and how these could be overcome in the future. It also looks at how people interact with AI in their everyday lives, questioning some of the ethical and societal risks, such as bias in AI algorithms, and the consequences for our long-term future if AIs do surpass humans in important ways.

Routledge  
July 2024 : 134pp  
Pb: 978-0-367-54311-2 : **£12.99**  
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## The Psychology of Attachment



**Robbie Duschinsky, Pehr Granqvist, Tommie Forslund**

*Series: The Psychology of Everything*

What do we actually mean by 'attachment'? How do different caregiving styles impact attachment in children? How do early caregiving experiences impact later development? The Psychology of Attachment is an essential introduction to attachment, offering an accessible explanation of the theory, unpicking common misunderstandings, and providing a balanced overview of key research findings. This unique book introduces the reader to new ways of thinking about the role of relationships, caregiving, and child development, and the way in which they shape our lives.

Routledge  
August 2023 : 152pp  
Pb: 978-0-367-89656-0 : **£13.99**  
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## The Psychology of Belonging



**Kelly-Ann Allen** Monash University, Australia

*Series: The Psychology of Everything*

The Psychology of Belonging explores why feeling like we belong is so important throughout our lives, from childhood to old age, irrespective of culture, race, or geography. With its virtues and shortcomings, belonging to groups such as families, social groups, schools, workplaces, and communities, is fundamental to our identity and wellbeing, even in a time where technology has changed the way we connect with each other. In a world where loneliness and social isolation is on the rise, The Psychology of Belonging shows how meaningful connections can build a sense of belonging for all of us.

Routledge  
October 2020 : 144pp  
Pb: 978-0-367-34752-9 : **£13.99**  
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## The Psychology of Celebrity



**Gayle Stever**

*Series: The Psychology of Everything*

This accessible book examines the psychology of celebrity in relation to a culture perpetually focused on fame and the lives of celebrities. Using psychological theories, it explores the positive and negative outcomes of celebrity influence, the relationships celebrities have with their fans, and the concepts that shape our perception of and thinking about celebrities. The author examines historical perspectives, and addresses the way in which the media has been and continues to be an outlet for celebrities, culminating in the role of social media and technology in our modern society. This is the ideal introduction to the psychology of celebrity for students and general readers.

Routledge  
October 2018 : 122pp  
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## The Psychology of Chess



**Fernand Gobet**

*Series: The Psychology of Everything*

The Psychology of Chess will provide a comprehensive introduction to the psychological aspects of one of the world's most played games. Drawing on an extensive body of literature, the book explores the cognitive functions involved in playing chess, discussing diverse topics such as perception and memory in chess thinking, pattern recognition, and skill acquisition. The book will also consider contemporary areas of research within the field, including brain training, artificial intuition, and the prevalence of psychiatric disorders in chess players.

Routledge  
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eBook: 978-1-315-44188-7

\* For full contents and more information, visit: [www.routledge.com/9781138216655](http://www.routledge.com/9781138216655)

## The Psychology of Climate Change



**Geoffrey Beattie, Laura McGuire**

*Series: The Psychology of Everything*

This book offers a psychological perspective on the current thinking on climate change, an issue of major global importance. The authors seek to demonstrate that there's a significant psychological issue connected with climate change in relation to the development of the climate change debate, optimism bias, the failure of climate change initiatives, and our attitudes towards the environment. There is also discussion of how behaviour in relation to climate change can be changed, to go some way to resolve the mistakes that have been made in the past in relation to our environment. This is fascinating readers for students, general readers and policy makers interested in climate change.

Routledge  
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## The Psychology of Comedy



**G Neil Martin**

*Series: The Psychology of Everything*

This book provides a unique insight into the role of laughter and humour in our lives. From the mechanics of comedy and what makes a good joke, to the health benefits of laughter, the book delves into different types of comedy, from slapstick to complex puns, and the physiological response it provokes. The dark side of comedy is also considered, confronting the idea that what is funny to some can be offensive to others, making this universal experience also highly subjective. In a time when comedy continues to be one of the most popular and enduring forms of art, The Psychology of Comedy reminds us that laughter really is good for the soul.

Routledge  
August 2021 : 194pp  
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2ND EDITION

## The Psychology of Conspiracy Theories



**Jan-Willem van Prooijen**

*Series: The Psychology of Everything*

Who believes in conspiracy theories, and why are some people more susceptible to them than others? What are the consequences of such beliefs? Has a conspiracy theory ever turned out to be true? The Psychology of Conspiracy Theories debunks the myth that conspiracy theories are a modern phenomenon, exploring their broad social contexts, from politics to the workplace. Updated throughout and now featuring examples from the Covid-19 pandemic and the 2021 Capitol Hill riots, this new edition of The Psychology of Conspiracy Theories shows us that while such beliefs are not always irrational and are not a pathological trait, they can be harmful to individuals and society.

Routledge  
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## The Psychology of Counselling



**Marie Percival**

*Series: The Psychology of Everything*

The Psychology of Counselling explains the different approaches to therapy and how they are used in practice, giving information on what counselling can help with and what it cannot do. It looks at cognitive and behavioural therapies, psychoanalysis, and humanistic psychology, as well as exploring positive psychotherapy and the move away from a disease-based approach to counselling. The text sheds light on the therapeutic process, what it involves, and how it works, to help all those seeking assistance for relieving emotional or psychological issues and improving their psychological wellness.

Routledge  
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\* For full contents and more information, visit: [www.routledge.com/9781032051802](http://www.routledge.com/9781032051802)

## The Psychology of Democracy



**Darren G. Lilleker, Billur Aslan Ozgul**

*Series: The Psychology of Everything*

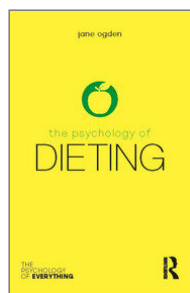
This book explains the psychological underpinnings behind why people engage with and participate in politics. Covering the influence that political campaigns and media play, it analyses real-world political events including the Trump administration, Brexit, the Arab Spring, and Gezi Park, taking the reader on a journey from engagement with a political news item all the way through to taking to the streets to protest government policy and action. In an age of post-truth and populism, this book shows us how a strong democracy depends upon the feelings and emotions of its citizens, from trust, belonging, empowerment and representation, as much as on electoral processes.

Routledge  
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Pb: 978-0-367-89817-5 : **£13.99**  
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## The Psychology of Dieting



**Jane Ogden**

*Series: The Psychology of Everything*

In an era of increasing obesity and its attendant health issues, for some people dieting is almost a matter of life and death. For others, wracked by body dissatisfaction, dieting can be similarly dangerous. In the *Psychology of Dieting*, health psychologist Jane Ogden offers a clear-sighted overview of why some of us become overweight and why losing weight is so difficult. Citing the latest research, and exploring the cognitive, social and emotional triggers which lead us to make poor decisions around food, it builds to provide a guide to how we can change our behaviour to lose weight and lead healthier lives.

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Pb: 978-1-138-50125-6 : **£13.99**

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## The Psychology of Dog Ownership



**Theresa Barlow, Craig Roberts**

*Series: The Psychology of Everything*

The *Psychology of Dog Ownership* explores the relationship between people and their dogs from a psychological perspective. It examines the mechanisms involved in both typical and atypical dog behaviours and challenges common misconceptions in the management of our dogs. It covers topics such as canine socialisation processes, developmental phases and the impact of the domesticated environment. It explains the reasons why the dog-owner bond can break down and offers guidance on how to reverse these behaviours. It is essential reading for all contemporary dog owners as well as students and professionals in animal management and animal care, and animal behaviour therapy.

Routledge

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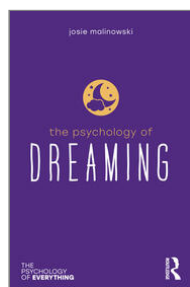
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## The Psychology of Dreaming



**Josie Malinowski**

*Series: The Psychology of Everything*

The *Psychology of Dreaming* will delve into the last 100 years of dream research to provide a thought-provoking introduction to dreaming. Beginning with an account of the history of modern psychological dream research, the book will also explore the role that dreaming plays in consolidating memories, problem-solving, and processing emotions. Using the latest scientific research, the book will discuss the evidence for dream-based therapy, precognitive dreaming, and how rapid improvements in technology affect our dreams. It draws on a range of cognitive, experimental, and theoretical research, and will be of interest to anyone who has wondered why we dream and how it works.

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## Psychology of Driving



**Graham J. Hole** University of Sussex, United Kingdom

*Series: The Psychology of Everything*

Driving is an integral part of millions of people's lives on a daily basis, but how much do we really know about all of the processes involved in this everyday task? In *The Psychology of Driving*, Graham Hole provides an insight into what our brains are actually doing when we drive. Drawing on a broad range of psychological research, the book will explore topics as diverse as the role personality plays in the way that we drive, to the effects of aging on the cognitive process involved in driving. It will be essential reading for all students of driver behaviour and psychology, as well as anyone generally interested in why we drive the way we do.

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## The Psychology of Exercise



**Josephine Perry**

*Series: The Psychology of Everything*

Do we exercise enough? Why should we exercise? Can everyone exercise? The *Psychology of Exercise* explores the key theories, ideas and impacts of life stages on exercise behaviours. Perry explores the barriers and motivators to exercise for children, adolescents, adults and retirees. The book also considers the impacts of social class, gender and ethnicity on the exercise habits and behaviours of people within each age group. Using real-life case studies and expert opinions, Perry considers the importance of exercise in light of major health changes and crisis.

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2ND EDITION

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**Carolyn Mair**

*Series: The Psychology of Everything*

How is fashion linked to our identity? How are we influenced to buy into fashion trends? How can we make the fashion industry more ethical and sustainable? The *Psychology of Fashion* shows how the application of psychology in the context of fashion can make a positive difference to our lives.

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## The Psychology of Gardening



**Harriet Gross**

*Series: The Psychology of Everything*

The Psychology of Gardening is the first book of its kind to explore gardening from a psychological perspective. Research shows that positive effects of gardening arise from both active physical participation and experiencing nearby nature. The book highlights how both these elements contribute to our understanding of the benefits of gardening. Each chapter reviews a different aspect of gardening experience, demonstrating how individual, evolutionary and social psychological theories offer new insights into a very familiar activity. The book will be of great interest to students in environmental psychology as well as members of the horticultural society and those interested in gardening.

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## The Psychology of Gender



**Gary Wood**

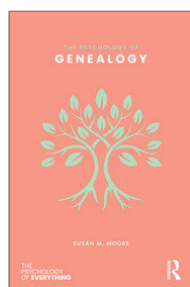
*Series: The Psychology of Everything*

The Psychology of Gender offers a concise and accessible introduction to the psychology of gender by drawing on biological, historical and cultural perspectives to consider the impact of gender roles on the individual, relationships and society in general. Topics covered include gender roles, sex differences, gender stereotypes, transgender and cisgender identities, and androgyny. The book is a cross-discipline review that offers a complete psychology of gender and addresses the 'dilemmas' we have regarding gender in a post-modern world. This is the ideal introductory resource for students on a range of courses who are starting to explore gender, and general readers interested in this topic.

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## The Psychology of Genealogy



**Susan Moore** Swinburne University, Australia

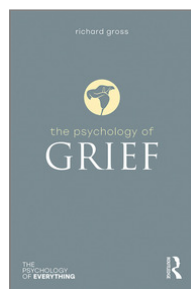
*Series: The Psychology of Everything*

This insightful book delves into the captivating world of genealogy to explore the psychological motivations behind this popular hobby. From the joys of uncovering your roots to the challenges of genealogical research, including ethical dilemmas with DNA testing and the risks of unsettling discoveries and family secrets, the book offers practical advice to help readers navigate the emotional and ethical complexities of exploring their ancestry. Whether you're a seasoned family historian or just starting your genealogical journey, The Psychology of Genealogy offers an engaging guide to understanding the deeper significance of your quest.

Routledge  
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## The Psychology of Grief



**Richard Gross**

*Series: The Psychology of Everything*

Everyone, at some point in their lives, experiences bereavement and the feelings of grief that accompany it. The Psychology of Grief offers not only an overview of how psychologists have sought to explain this most human emotion, but also the way grief is understood in different social, religious and historical contexts. Including individual accounts, the book examines how we attempt to make sense of the world in the aftermath of losing a loved one, as well as the social rules and norms which frame that process. An intelligent and humane account, the book debunks myths around the 'stages' of grieving, as well as examining the evidence for personal growth in the wake of bereavement.

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## The Psychology of Happiness



**Peter Warr** University of Sheffield, UK

*Series: The Psychology of Everything*

From our patterns of thinking to the influence of government policies, this concise volume gives an insightful overview of the many psychological factors that affect our happiness and mental well-being. While happiness can mean anything from hedonic pleasure to spiritual growth, an explosion of research into defining and measuring its core qualities reflects just how important being happy is to the human condition. Covering the impact of our personalities, our physical health, the life events we experience, our social networks, and the wider communities and environments in which we live, this is an invaluable guide to what psychology has discovered about human happiness.

Routledge  
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eBook: 978-1-315-10845-2

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## The Psychology of Intelligence



**Sonja Falck**

*Series: The Psychology of Everything*

What fascinates us about intelligence? How do attitudes to intelligence shape a society? Can we overcome our fears and prejudices about intelligence? Sonja Falck shows there have been two main eras in Western society's way of engaging with the phenomenon of intelligence, and that we are on the brink of a third. She explains the psychology that underlies the contradictory psychosocial reactions and interventions surrounding intelligence seen over the decades alongside ongoing neurobiological studies of intelligence. Her thought-provoking analysis challenges popular assumptions and is applied to show how we can benefit from embracing intelligence in ourselves and others as a fact of life.

Routledge  
October 2020 : 140pp  
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## The Psychology of Memory



**Megan Sumeracki, Althea Need Kaminske**

*Series: The Psychology of Everything*

The Psychology of Memory provides a unique insight into a fundamental part of being human, debunking many common misconceptions about what memory is, how memory works, and the accuracy of our memories. It explores the complexity of human memory, looking at how we remember different types of information and the impact of issues like ageing and emotion on how we create, store, and retrieve memories. Treating memory as malleable, dynamic, and active, The Psychology of Memory teaches us about how our individual memories function, and how we can harness this to see memory in a new way; to use the past, our experiences and information, in service of the present and future.

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## The Psychology of Menopause



**Marie Percival**

*Series: The Psychology of Everything*

The Psychology of Menopause provides a useful and positive guide to understanding the psychological, social, and sexual changes that occur during and following menopause. Going beyond hot flushes and HRT, it focuses on how to enhance psychological wellbeing by looking at the science behind women's lived experiences of perimenopause and post-menopause. The book explores key psychological issues during this transition, such as the risk factors associated with mood and anxiety, the changing social and personal roles for women at midlife, the impact on relationships, and the reasons for brain fog.

Routledge  
February 2025 : 138pp  
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## The Psychology of Money



**Adrian Furnham**

*Series: The Psychology of Everything*

Does money make you happy? Are you a saver or spender...and why? Is money the most important factor in our work motivation? This lively and informative book addresses these issues and more, delving into questions that get to the heart of how we think about money and how it affects different aspects of our lives. It looks at money in relation to happiness, relationships and our work lives, as well as the psychology behind gambling and addictions.

Routledge  
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## Psychology of Music



**Susan Hallam**

*Series: The Psychology of Everything*

This book covers key concepts relating to the psychology of music including the evolutionary purpose of music, the processing of music, musical ability, and musical skills. It also examines the impact music has on everyday life and on health and well-being, and the benefits of music to intellectual functioning. It covers the way in which music enriches humanity, how it relates to religion and spirituality, and how it used to enhance and manipulate people. This is the ideal introductory resource for students on a range of courses who are exploring music in relation to psychology, as well as general readers interested in this topic

Routledge  
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## The Psychology of Performance



**Stewart Cotterill** University of Winchester, UK

*Series: The Psychology of Everything*

The Psychology of Performance explores the key psychological factors that affect our ability to cope under pressure, whether it's competing in a sport, appearing in front of an audience, or meeting a tight deadline. From the development of skills through learning and practice, to how self-confidence and decision-making can be honed to boost our expertise, the book discusses the major topics in the field. Also including a chapter on how physiological state influences mood and cognition, this is the ideal primer either for students new to this topic, or coaches and performers looking for a concise and accessible overview on the intrinsic link between mind and performance.

Routledge  
March 2018 : 126pp  
Pb: 978-1-138-21920-5 : **£13.99**  
Hb: 978-1-138-21919-9 : **£120**  
eBook: 978-1-315-43601-2

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## The Psychology of Politics



**Barry Richards**

*Series: The Psychology of Everything*

This accessible book examines key psychological ideas in relation to contemporary politics. It shows how the emotions which underpin everyday life are also vital in what happens on the political stage and draws on psychoanalytic ideas to explore how our societies and cultures are changing. Topics such as leaders, conflicts, democracies, and ideologies are analysed in relation to psychological theories, and the author demonstrates how fear and passion shapes the political sphere. This is the ideal introductory resource for students on a range of courses who are exploring politics in relation to psychology, as well as general readers interested in this topic.

Routledge  
April 2019 : 112pp  
Pb: 978-1-138-55170-1 : **£13.99**  
Hb: 978-1-138-55167-1 : **£120**  
eBook: 978-1-315-14769-7

\* For full contents and more information, visit: [www.routledge.com/9781138551701](http://www.routledge.com/9781138551701)



## The Psychology of Prejudice



**Richard Gross** Independent Scholar, UK

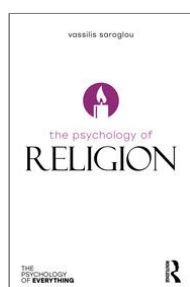
*Series: The Psychology of Everything*

This book explores the topic of prejudice from a psychological perspective, and examines the various forms it can take, from racial jokes to genocide. The author outlines the potential causes of prejudice and discrimination, including personality, social influence, group identity, and evolutionary influences. The final chapter is concerned with prejudice and discrimination reduction and refers to how education, campaigning, and consciousness raising can contribute to greater tolerance and understanding. Including real world examples and topical references, this is the ideal accessible book for students and general readers interested in prejudice.

Routledge  
October 2020 : 162pp  
Pb: 978-0-367-53463-9 : **£13.99**  
Hb: 978-0-367-53464-6 : **£140**  
eBook: 978-1-003-08204-0

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## The Psychology of Religion



**Vassilis Saroglou**

*Series: The Psychology of Everything*

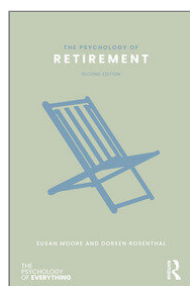
Written by a leading expert in the field, this accessible introduction to the psychology of religion explores the causes, characteristics, and consequences of religion in all its forms. The author examines belief systems relating to atheism, spirituality, fundamentalism, and different religious faiths, in relation to psychological ideas including attitudes and behaviour, individual differences, and evolution. It is the ideal introduction for students and general readers alike, with an interest in the psychology of religion, spirituality, and secularism.

Routledge  
October 2020 : 142pp  
Pb: 978-0-815-36812-0 : **£13.99**  
Hb: 978-0-815-36811-3 : **£140**  
eBook: 978-1-351-25596-7

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2ND EDITION

## The Psychology of Retirement



**Susan Moore** Swinburne University, Australia, **Doreen A Rosenthal**

*Series: The Psychology of Everything*

The Psychology of Retirement looks at this life stage as a journey that involves challenges, opportunities, setbacks, periods of disenchantment and, often, exciting new beginnings. Updates include a new chapter on the 'old age' stage of life as well as end-of-chapter tips and things to think about, case studies of retirees and pre-retirees, and new statistics including the effects of COVID and homeworking. Retirement can be a period of significant psychological growth and development, and The Psychology of Retirement shows how it can herald the beginning of a vibrant and active stage of life.

Routledge  
September 2025 : 138pp  
Pb: 978-1-041-00812-5 : **£12.99**  
Hb: 978-1-041-00813-2 : **£145**  
eBook: 978-1-003-61178-3

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## The Psychology of Running



**Noel Brick, Stuart Holliday**

*Series: The Psychology of Everything*

The Psychology of Running provides a unique insight into why running is such a popular form of exercise and competition. Providing proven psychological strategies and techniques to help improve running performance and boost our individual self-belief, The Psychology of Running shows us how we can enjoy running, no matter our age or ability.

Routledge  
September 2023 : 172pp  
Pb: 978-1-032-06861-9 : **£13.99**  
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eBook: 978-1-003-20420-6

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## The Psychology of School Bullying



**Peter K. Smith** Goldsmiths University of London, UK

*Series: The Psychology of Everything*

The Psychology of Bullying provides a highly accessible overview about the nature of bullying, what is known about it, its possible effects, and what can be done about it. It focuses on bullying at school with special attention given to the development of cyberbullying, and a final chapter looks at bullying in other contexts. Illustrated with examples and case studies, it examines who bullies and who gets bullied, what is known about effective coping strategies, and what friends, peers and the school can do to help. It will be essential reading for students, teachers and parents looking for psychological insights into what bullying is.

Routledge  
November 2018 : 136pp  
Pb: 978-1-138-69940-3 : **£13.99**  
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eBook: 978-1-315-51689-9

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2ND EDITION

## The Psychology of Sex



**Meg-John Barker** The Open University, UK

*Series: The Psychology of Everything*

What can psychology teach us about sex? How do different bodies and brains respond sexually? How can we prevent people being stigmatised for their sexuality? The Psychology of Sex takes you on a tour through the different ways that psychology helps us understand sex and sexuality. It explores cultural concerns around sexualisation, pornography, and sex addiction, as well as drawing on research from sexual communities and the applied area of sex therapy. This new edition features material on evolving sexual identities, as well as sexuality and technology and how digital platforms shape sexual behaviours.

Routledge  
May 2026 : 184pp  
Pb: 978-1-041-21782-4 : **£13.99**  
Hb: 978-1-041-21785-5 : **£155**

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## The Psychology of Social Media



**Ciarán Mc Mahon**

*Series: The Psychology of Everything*

The Psychology of Social Media will examine the core features of social media services – profiles, newsfeeds, connections, media and so on – and explain the psychological aspects of how they are used. The book will draw on groundbreaking modern research programmes in addition to long-standing scholarship, in order to blend these very new technologies with the ancient progress of humanity. This is the ideal introductory resource for students on cyberpsychology courses, as well as general readers interested in this topic.

Routledge

April 2019 : 116pp

Pb: 978-1-138-04775-4 : **£13.99**

Hb: 978-1-138-04774-7 : **£140**

eBook: 978-1-315-17061-9

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## The Psychology of Sports Fans



**Aaron C.T. Smith** University of Canberra, Australia

*Series: The Psychology of Everything*

Why are so many people committed to sports? Why are they so committed? Why do fans remain loyal when this seems illogical and counter-intuitive? The Psychology of Sports Fans explains the intricate psychological foundations of sports fandom, exploring why sports hold such emotional power across cultures and demographics. This book will appeal to sports enthusiasts and anyone interested in sports fandom, sport psychology, sport sociology, and sport management.

Routledge

August 2025 : 118pp

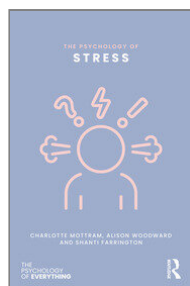
Pb: 978-1-032-95783-8 : **£13.99**

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## The Psychology of Stress



**Charlotte Mottram , Alison Woodward , Shanti Farrington**

*Series: The Psychology of Everything*

This book combines knowledge from neuroscience and the psychological and physiological underpinnings of stress to offer a scientific approach to understanding and managing symptoms. It provides practical and accessible interventions to help overcome the effects of dealing with overwhelming experiences, and also brings in the role of family and community in helping to live a more stress-free life. Using a framework that integrates physical and mental health, The Psychology of Stress provides an overview of the key aspects of stress and coping, and reveals how to integrate scientific, therapeutic and movement-based approaches to deal with stress and enhance wellbeing.

Routledge

August 2025 : 102pp

Pb: 978-1-032-86975-9 : **£12.99**

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## The Psychology of Terrorism



**Neil Shortland**

*Series: The Psychology of Everything*

What is terrorism? Can anyone be radicalized? How can we respond to terrorist acts? The Psychology of Terrorism seeks to explain why some acts of violence are considered terrorism, and others are not, and why some individuals may be more susceptible to engaging in terrorist behavior. Debunking myths and lazy stereotypes, the book delves into some of the most shocking atrocities of our times to discuss the complex psychological characteristics of individual terrorists, organised groups, and their acts. Whilst there is no simple solution, The Psychology of Terrorism shows us that a growing reverse radicalization movement and modern interventionist techniques can give us hope for the future.

Routledge

October 2020 : 126pp

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## The Psychology of the Extreme



**Arie W. Kruglanski** University of Maryland, **Sophia Moskalkenko**

*Series: The Psychology of Everything*

The Psychology of the Extreme provides an accessible introduction to extremism as a force that can affect all aspects of culture and people's choices in everyday settings. It explores the underlying psychology behind what makes people act in extreme ways, whether this is in destructive ways (such as gambling, terrorism and political violence) or in constructive ways (such as successful creators and scientists). Offering a new understanding of the individual psychology of extremism, the book will appeal to all those interested in how extremism plays out in people's and cultures day-to-day lives.

Routledge

February 2025 : 172pp

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## The Psychology of the Paranormal



**David Groome , Michael W. Eysenck** Emeritus Professor of Psychology in the psychology department at Royal Holloway University of London, UK, **Robin Law**

*Series: The Psychology of Everything*

The Psychology of the Paranormal presents an engaging introduction to belief in, and experience of, the paranormal. Large proportions of the world's population believe in some form of paranormal phenomena, and this book will consider the existence of supporting evidence, as well offer important insights into the origins of human belief systems. Featuring coverage of psychic communication, alien contact, and astrology, this book is an essential read for anyone looking to understand why paranormal beliefs are so widespread.

Routledge

April 2019 : 100pp

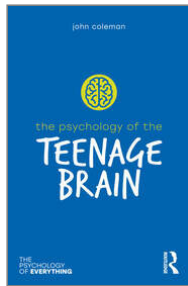
Pb: 978-1-138-30788-9 : **£13.99**

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## The Psychology of the Teenage Brain



**John Coleman**

*Series: The Psychology of Everything*

The Psychology of the Teenage Brain offers all those involved in teenagers' lives insight into what's happening in their brains and how understanding this can improve relationships and communication at this crucial stage. Written for all parents and caregivers, this book will help with the challenges of having a teenager in the home. It also offers crucial understanding for all students and practising professionals in the fields of social work, counselling, health and education working with teenagers.

Routledge

December 2023 : 118pp

Pb: 978-1-032-36395-0 : **£13.99**

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## The Psychology of Time



**Richard Gross**

*Series: The Psychology of Everything*

The Psychology of Time considers how we define, describe, and experience time. From a discussion of how our language around time is dependent on metaphor, to the role of biology in controlling our bodily experience of time, the book delves into how the finitude of life is a given human experience. It looks at how we reflect on the passage of time throughout our lives, and how our experience of time can be influenced by diverse factors including our age, gender, health, and culture. Offering insights into something we are all immersed in, but often give little thought to, The Psychology of Time shows us how our understanding and experience of time can influence our everyday behaviour.

Routledge

March 2024 : 146pp

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## The Psychology of Trauma



**Shanti Farrington , Alison Woodward**

*Series: The Psychology of Everything*

The Psychology of Trauma integrates the knowledge and research from clinical practice and neuroscience to offer a scientific approach to understanding and managing symptoms of trauma. It debunks the myths and prejudices around trauma-informed therapy, shifting people's view from 'What's wrong with you?' to 'What happened to you?', and provides an overview of the various different concepts and counselling approaches that are most suitable to support working with trauma. It also explores how neurodiversity, cultural differences, or social contexts affect the way we respond to any trauma.

Routledge

July 2024 : 104pp

Pb: 978-1-032-63722-8 : **£13.99**

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## The Psychology of Travel



**Andrew Stevenson** Manchester Metropolitan University and Aquinas College, Stockport

*Series: The Psychology of Everything*

Why do we travel? Are holidays good for our health? What are the social and psychological factors that drive us to move? By asking what drives us to journey and offering key insights into the psychological factors behind different kinds of travel, The Psychology of Travel introduces the reader to new ways of thinking about global mobility and movement.

Routledge

May 2023 : 158pp

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Hb: 978-1-032-10484-3 : **£130**

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## The Psychology of Trust



**Ken J. Rotenberg** University of Keele, UK

*Series: The Psychology of Everything*

Western societies today are facing a crisis of trust. Politicians, journalists, police officers, church officials, CEOs: all are distrusted. Based on a series of popular Psychology Today blogs, this engaging summary reviews the psychological research on trust so that student, practitioner, and members of the public at large understand how people trust others. The purpose of the book is to identify the factors that cause people to trust, the contexts for trust, and the consequences of trust. It is designed to provide a concise and coherent body of knowledge regarding the role that trust plays in humans.

Routledge

March 2018 : 122pp

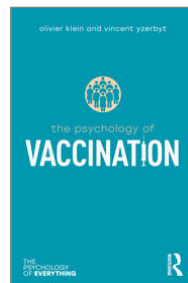
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## The Psychology of Vaccination



**Olivier Klein , Vincent Yzerbyt**

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The Psychology of Vaccination identifies the social psychological drivers of vaccine mindsets, to explore why some people choose to be vaccinated, some are hesitant, and others refuse. It explores the socio-demographic factors related to vaccine hesitancy and considers the role of motivation in making this health decision. The book focuses on how individuals are social beings, inserted into a web of influences that guide their behaviour, and considers the impact this may have on their health choices. The text offers an insightful look at our health behaviours and considers whether it is possible to affect health behaviour change.

Routledge

April 2024 : 156pp

Pb: 978-1-032-66540-5 : **£12.99**

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## The Psychology of Vampires



**David Cohen**

*Series: The Psychology of Everything*

The Psychology of Vampires investigates why the legend of the vampire continues to haunt popular imagination. In this entertaining book, the author describes the origins of the vampire in myth and history, and the psychological and cultural theories which try to explain why they fascinate us. Weaving in a biographical account of John Polidori who wrote the first vampire tale, this book explores psychoanalytic and psychiatric theories of vampires, the dynamics of contemporary vampire groups and the vampire's cultural legacy. It is valuable reading for courses on psychological and psychiatric approaches to myth and folklore within psychology, mental health and cultural theory.

Routledge  
October 2018 : 154pp  
Pb: 978-1-138-05767-8 : **£13.99**  
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## The Psychology of Wellbeing



**Gary Wood**

*Series: The Psychology of Everything*

Part of the Psychology of Everything series, this book focuses on psychological and emotional wellbeing and offers an accessible introduction to the topic. It also explores narrative psychology as a way to think about cultural and historical views of normality and wellness. The author offers a critique of the self-help industry including pop-psychology myths and includes a critical review of evidence-based models of wellbeing and associated concepts from positive psychology. The book emphasizes reflective learning and invites readers to re-evaluate individual definitions of wellbeing throughout the book, making it valuable reading for students, professionals, and general readers.

Routledge  
October 2020 : 148pp  
Pb: 978-0-367-89808-3 : **£13.99**  
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## The Psychology of Video Games



**Celia Hodent**

*Series: The Psychology of Everything*

The Psychology of Video Games introduces the curious reader to the relationship between psychology and video games from the perspective of both game makers and players. Assuming no specialist knowledge, this concise, approachable guide is a starter book for anyone intrigued by what makes video games engaging and what is their psychological impact on gamers. It digests the research exploring the benefits gaming can have on players in relation to education and healthcare, considers the concerns over potential negative impacts such as pathological gaming, and concludes with some ethics considerations.

Routledge  
October 2020 : 116pp  
Pb: 978-0-367-49313-4 : **£13.99**  
Hb: 978-0-367-49312-7 : **£140**  
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## The Psychology of Working Life



**Toon Taris** University of Utrecht, the Netherlands

*Series: The Psychology of Everything*

Providing a brief yet thorough overview of the most famous psychological ideas and findings that influence working life today, whether they have been found to be incorrect or even partly true, The Psychology of Working Life asks two key questions: why do we work the way we do, and if work performance can be improved, at what costs are there for the individual worker? Charting our ideas about work from the Greeks through the scientific management movement and onto the IT revolution of the present day, the book will appeal to students of organizational psychology, HRM and related areas, professionals, or general readers interested in the principles upon which their working lives are based.

Routledge  
March 2018 : 122pp  
Pb: 978-1-138-20725-7 : **£13.99**  
Hb: 978-1-138-20724-0 : **£120**  
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## The Psychology of Weather



**Trevor Harley** University of Dundee

*Series: The Psychology of Everything*

The Psychology of Weather provides an accessible and up to date account of how humans interact with the weather. Beginning with an exploration of why humans are so fascinated by the weather, the book introduces ideas about weather watchers, extreme occurrences of weather, and how the media portrays different weather events. The book also provides a fascinating insight into how the weather can affect our mood and behaviour; its role in mental disorders and phobias such as SAD and Brontophobia, as well as how it can impact our consumer choices and reasoning behaviour. This book is an essential read for anyone looking to understand the human relationship with the weather.

Routledge  
October 2018 : 104pp  
Pb: 978-0-815-39487-7 : **£13.99**  
Hb: 978-0-815-39484-6 : **£120**  
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