

Man Disconnected By Philip Zimbardo

The best-selling author of 59 Seconds challenges popular self-help approaches while counseling readers to take specific actions to improve outlook and circumstances, drawing on scientific findings to demonstrate how simple physical activities, from smiling to walking briskly, can alleviate common challenges.

Young men are failing as never before – academically, socially and sexually. But why is this so? What are the implications? And what needs to be done about it before it's too late? Philip Zimbardo and co-writer Nikita Coulombe examine the modern meltdown of manhood and how this is manifest in the lives of young men today. They consider such factors as absent fathers, and legislation favouring women, which contribute to many men lacking social skills and direction in their lives. Most controversially, Zimbardo argues that readily available hardcore pornography and exciting gaming realities provide digital alternatives that are less demanding and far more appealing for many than sex, sports and social interaction in the real world. Immersion in these alternative realms is playing havoc with these boys' cognitive development, their ability to concentrate and their social development, allowing girls to excel in the real world where social skills are a source of success. By illuminating the symptoms and causes of these gloomy trends, Zimbardo and Coulombe shed light on how we arrived at this state of affairs and, most significantly, what the solutions might be.

In a series of prison interviews, a journalist probes the minds of the women who killed for Charles Manson in this “fascinating study of human behavior” (Kirkus). In the summer of 1969, Leslie Van Houten and Patricia Krenwinkel carried out horrific acts of butchery on the orders of the charismatic cult leader Charles Manson. But to anyone who knew them growing up, they were bright, promising girls, seemingly incapable of such an unfathomable crime. Award-winning journalist Nikki Meredith began visiting Van Houten and Krenwinkel in prison to discover how they had changed during their incarceration. The more Meredith got to know them, the more she was lured into a deeper dilemma: What compels “normal” people to do unspeakeable things? The author’s relationship with her subjects provides a chilling lens through which we gain insight into a particular kind of woman capable of a particular kind of brutality. Through their stories, Nikki Meredith takes readers on a dark journey into the very heart of evil.

This text, part of the McGraw-Hill Series in Social Psychology, is for the student with no prior background in social psychology. Written by Philip Zimbardo and Michael Leippe, outstanding researchers in the field, the text covers the relationships existing between social influence, attitude change and human behavior. Through the use of current, real-life situations, the authors illustrate the principles of behavior and attitude change at the same time that they foster critical thinking skills on the part of the reader.

Reaching Down the Rabbit Hole

Hold on to Your N.U.T.s*

Applying Army Research Psychology for Health and Performance Gains

Expert Guide to a Successful Career in Psychology

The Philosophy Book

Internet Pornography and the Emerging Science of Addiction

How Technology Has Sabotaged What It Means to Be Male, and What Can Be Done

The definitive firsthand account of the groundbreaking research of Philip Zimbardo—the basis for the award-winning film The Stanford Prison Experiment Renowned social psychologist and creator of the Stanford Prison Experiment Philip Zimbardo explores the mechanisms that make good people do bad things, how moral people can be seduced into acting immorally, and what this says about the line separating good from evil. The Lucifer Effect explains how—and the myriad reasons why—we are all susceptible to the lure of “the dark side.” Drawing on examples from history as well as his own trailblazing research, Zimbardo details how situational forces and group dynamics can work in concert to make monsters out of decent men and women. Here, for the first time and in detail, Zimbardo tells the full story of the Stanford Prison Experiment, the landmark study in which a group of college-student volunteers was randomly divided into “guards” and “inmates” and then placed in a mock prison environment. Within a week the study was abandoned, as ordinary college students were transformed into either brutal, sadistic guards or emotionally broken prisoners. By illuminating the psychological causes behind such disturbing metamorphoses, Zimbardo enables us to better understand a variety of harrowing phenomena, from corporate malfeasance to organized genocide to how once-upon-a-time American soldiers came to abuse and torture Iraqi detainees in Abu Ghraib. He replaces the long-held notion of the “bad apple” with that of the “bad barrel”—the idea that the social setting and the system contaminate the individual, rather than the other way around.

This is a book that dares to hold a mirror up to mankind, showing us that we might not be who we think we are. While forcing us to reexamine what we are capable of doing when caught up in the crucible of behavioral dynamics, though, Zimbardo also offers hope. We are capable of resisting evil, he argues, and can even teach ourselves to act heroically. Like Hannah Arendt’s Eichmann in Jerusalem and Steven Pinker’s The Blank Slate, The Lucifer Effect is a shocking, engaging study that will change the way we view human behavior. Praise for The Lucifer Effect “The Lucifer Effect will change forever the way you think about why we behave the way we do—and, in particular, about the human potential for evil. This is a disturbing book, but one that has never been more necessary.”—Malcolm Gladwell “An important book. . . . All politicians and social commentators. . . should read this.”—The Times (London) “Powerful. . . an extraordinarily valuable addition to the literature of the psychology of violence or evil.”—The American Prospect “Penetrating. . . Combining a dense but readable and often engrossing exposition of social psychology research with an impassioned moral seriousness, Zimbardo challenges readers to look beyond glib denunciations of evil-doers and ponder our collective responsibility for the world’s ills.”—Publishers Weekly “A sprawling discussion. . . Zimbardo couples a thorough narrative of the Stanford Prison Experiment with an analysis of the social dynamics of the Abu Ghraib prison in Iraq.”—Booklist “Zimbardo bottled evil in a laboratory. The lessons he learned show us our dark nature but also fill us with hope if we heed their counsel. The Lucifer Effect reads like a novel.”—Anthony Pratkanis, Ph.D., professor emeritus of psychology, University of California

Zimbardo has put his finger on a great challenge of the modern era’ - The Sunday Times Masculinity is in meltdown. Young men are failing as never before – academically, socially and sexually. But why? And what needs to be done? Internationally-acclaimed psychologist Philip Zimbardo, and research partner Nikita Coulombe, show how symptoms include excessive gaming and porn use, apathy and drug abuse. They argue that digital technologies create alternative worlds that many boys find less demanding and more rewarding than real life, yet which are ultimately harmful. There is hope. Man Disconnected reveals where the solutions are to be found, and what action we can take. Controversial, provocative and insightful, this book is an alarm call ignored at our peril.

Judging by the number of copies already sold (more than 300,000), scores of people suffer from the debilitating effects of shyness. A noted professor of psychology at Stanford University, Dr. Philip G. Zimbardo helps men and women, youngsters and elders, overcome this self-defeating condition. Photographs.

Psychology: Behavioral science; Perspectives

Tools for Thought

Man Disconnected

Reimagining Gay Men's Lives

The Choice

Getting Off

How Our Schools Can Teach Respect and Responsibility

The New Psychology of Success

Mindwise

Every significant choice, every important decision we make, is determined by our perception of time. This is the most influential force in our lives, yet we are virtually unaware of it. In this fascinating book, the award-winning past president of the American Psychological Association, Philip Zimbardo, and his co-author, John Boyd, show how: - the way you perceive time is as unique as your fingerprints - these individual time perspectives shape your life, and the world around you - you can change the way you perceive time, so you get the most out of every minute - if you don't, the power of time in the modern world is so immense that it will take its toll on you The Time Paradox is a highly readable, stimulating look at a subject that absorbs us all.

Your every significant choice -- every important decision you make -- is determined by a force operating deep inside your mind: your perspective on time -- your internal, personal time zone. This is the most influential force in your life, yet you are virtually unaware of it. Once you become aware of your personal time zone, you can begin to see and manage your life in exciting new ways. In The Time Paradox, Drs. Zimbardo and Boyd draw on thirty years of pioneering research to reveal, for the first time, how your individual time perspective shapes your life and is shaped by the world around you. Further, they demonstrate that you and every other individual's time zones interact to create national cultures, economics, and personal destinies. You will discover what time zone you live in through Drs. Zimbardo and Boyd's revolutionary tests. Ask yourself:
• Does the smell of fresh-baked cookies bring you back to your childhood?
• Do you believe that nothing will ever change in your world?
• Do you believe that the present encompasses all and the future and past are mere abstractions?
• Do you wear a watch, balance your checkbook, and make to-do lists -- every day?
• Do you believe that life on earth is merely preparation for life after death?
• Do you ruminate over failed relationships?
• Are you the life of every party -- always late, always laughing, and always broke?
These statements are representative of the seven most common ways people relate to time, each of which, in its extreme, creates benefits and pitfalls. The Time Paradox is a practical plan for optimizing your blend of time perspectives so you get the utmost out of every minute in your personal and professional life as well as a fascinating commentary about the power and paradoxes of time in the modern world. No matter your time perspective, you experience these paradoxes. Only by understanding this new psychological science of time zones will you be able to overcome the mental biases that keep you too attached to the past, too focused on immediate gratification, or unhealthily obsessed with future goals. Time passes no matter what you do -- it's up to you to spend it wisely and enjoy it well. Here's how.

Neil Levy presents a new theory of freedom and responsibility. He defends a particular account of consciousness—the global workspace view—and argues that consciousness plays an especially important role in action. There are good reasons to think that the na 1 v assumption, that consciousness is needed for moral responsibility, is in fact true.

Cites successful examples of community-based policing

Violence Workers

Screened In

Embrace the Possible

The Boy Crisis

The Portable Mentor

Perspectives from Psychology and Behavioral Sciences

The As If Principle

Out of the Shadows

“Erica Garza has written a riveting, can’t-look-away memoir of a life lived hardcore. In an era when predatory male sexual behavior has finally become a topic of urgent national discourse,Getting Off makes for a wild, timely read” (Elle). A fixation on porn and orgasm, strings of failed relationships and serial hook-ups with strangers, inevitable blackouts to blunt the shame—these are not things we often hear women share publicly, and not with the candor, eloquence, and introspection Erica Garza brings to Getting Off. What sets this courageous and riveting account apart from your typical misery memoir is the absence of any precipitating trauma beyond the garden variety of hurt we’ve all had to endure in simply becoming a person—reckoning with family, learning to be social, integrating what it means to be sexual. Whatever tenor of violence or abuse Erica’s life took on through her behavior was of her own making, fueled by fear, guilt, self-loathing, self-pity, loneliness, and the hopelessness those feelings brought on as she runs from one side of the world to the other in an effort to break her habits—from East Los Angeles to Hawaii and Southeast Asia, through the brothels of Bangkok and the yoga studios of Bali to disappointing stabs at therapy in the Blank Slate. The Lucifer Effect is a shocking, engaging study that will change the way we view human behavior. Praise for The Lucifer Effect “The Lucifer Effect will change forever the way you think about why we behave the way we do—and, in particular, about the human potential for evil. This is a disturbing book, but one that has never been more necessary.”—Malcolm Gladwell “An important book. . . . All politicians and social commentators. . . should read this.”—The Times (London) “Powerful. . . an extraordinarily valuable addition to the literature of the psychology of violence or evil.”—The American Prospect “Penetrating. . . Combining a dense but readable and often engrossing exposition of social psychology research with an impassioned moral seriousness, Zimbardo challenges readers to look beyond glib denunciations of evil-doers and ponder our collective responsibility for the world’s ills.”—Publishers Weekly “A sprawling discussion. . . Zimbardo couples a thorough narrative of the Stanford Prison Experiment with an analysis of the social dynamics of the Abu Ghraib prison in Iraq.”—Booklist “Zimbardo bottled evil in a laboratory. The lessons he learned show us our dark nature but also fill us with hope if we heed their counsel. The Lucifer Effect reads like a novel.”—Anthony Pratkanis, Ph.D., professor emeritus of psychology, University of California

“Two out of every five people in the U.S. regard themselves as ‘shy.’ Yet shyness can be cured, says Dr. Philip Zimbardo, the nation’s leading authority on shyness. With co-author Shirley Radl, Dr. Zimbardo presents a program for overcoming and preventing shyness from infancy to adulthood. The Shy Child is based on pioneering research conducted at the Stanford Shyness Clinic, including surveys of people in the U.S. and abroad; interviews with children, parents, and teachers; and systematic experimental research that compared the behavior of shy to non-shy people. This book documents which parenting ‘style’ encourages self-confidence in a child, and provides methods for building a child’s trust and self-esteem. It explores the role that school plays in contributing to a child’s shyness, and suggests ways to improve the quality of the classroom experience for every child. The Shy Child is the only book to provide an effective program for conquering shyness in childhood, before it has a chance to limit a child’s options and determine the course of the child’s life. This title is also available in Spanish (El Niño Timido).”

In his landmark, The Time Paradox, internationally known psychologist Philip Zimbardo showed that we can transform the way we think about our past, present, and future to attain greater success in work and in life. Now, in The Time Cure, Zimbardo has teamed with clinicians Richard and Rosemary Sword to reveal a groundbreaking approach that helps those living with post-traumatic stress disorder (PTSD) to shift their time perspectives and move beyond the traumatic past toward a more positive future. Time Perspective Therapy switches the focus from past to present, from negative to positive, clearing the pathway for the best yet to come: the future. It helps PTSD sufferers pull their feet out of the quicksand of past traumas and step firmly on the solid ground of the present, allowing them to take a step forward into a brighter future. Rather than viewing PTSD as a mental illness the authors see it as a mental injury—a normal reaction to traumatic events—and offer those suffering from PTSD the healing balm of hope. The Time Cure lays out the step-by-step process of Time Perspective Therapy, which has proven effective for a wide range of individuals, from veterans to survivors of abuse, accidents, assault, and neglect. Rooted in psychological research, the book also includes a wealth of vivid and inspiring stories from real-life PTSD sufferers—effective for individuals seeking self-help, their loved ones, therapists and counselors, or anyone who wants to move forward to a brighter future.

Have you ever asked yourself why you are spending less time interacting with people in person and more time sitting alone behind a pixelated screen? As we furiously type into our keypads in search of the Holy Grail – an empty inbox – our happiness and well-being dissipate. Through eye-opening studies, interviews with some of our world’s most captivating thought leaders and stories gleaned from his 25+ years as a leadership trainer and professor, Anthony Gillard will help you realize what many of us are losing in the digital age—ourselves and our most important relationships—and provide a roadmap to reclaim them.

A Leading Cult Expert Explains How the President Uses Mind Control

The Time Paradox

The History and Future of Mind-Expanding Technology

The Modernist Menace to Islam

The Time Cure

Using the New Psychology of Time to Your Advantage

Consciousness and Moral Responsibility

Your Brain on Porn

Being a man is a full-time job, especially when you're married or in a relationship. Hold on to Your N.U.T.s can help build a life that fulfills both you and your partner by showing you how to confirm the ideas and causes you support,your Non-negotiable, Unalterable Terms. The N.U.T.s become the framework for how you conduct your relationships, whether you're committed to spending more time with avoid problems with your wife. By laying down guidelines of what's right and wrong, what you like and dislike, you will learn to silence the little boy inside and become a strong, self-assured man who is focused on creating the best life possible for you and your companion. What is the boy crisis? It's a crisis of education. Worldwide, boys are 50 percent less likely than girls to meet basic proficiency in reading, math, and science. It's a crisis of mental health. ADHD is on the rise. And as boys become young men, their suicide rates go from equal to girls to six times that of young women. It's a crisis of fathering. Boys are growing up with less-involved fathers and are delinquent, and end up in prison. It's a crisis of purpose. Boys' old sense of purpose—being a warrior, a leader, or a sole breadwinner—are fading. Many bright boys are experiencing a "purpose void," feeling alienated, withdrawn, and addicted to immediate gratification. So, what is The Boy Crisis? A comprehensive blueprint for what parents, teachers, and policymakers can do to help our sons become our respect.

This text offers students a thorough look at the different issues and theoretical perspectives in psychology today, combining scientific rigour with a dedicated enthusiasm for the subject matter.

Of the twenty-three Brazilian policemen interviewed in depth for this landmark study, fourteen were direct perpetrators of torture and murder during the three decades that included the 1964-1985 military regime. These "violence workers" and the other group of "atrocity facilitators" who had not, or claimed they had not, participated directly in the violence, help answer questions that haunt torturers and murderers? How do atrocity perpetrators explain and justify their violence? What is the impact of their murderous deeds—on them, on their victims, and on society? What memories of their atrocities do they admit and which become public history?

The Psychology of Religious Terrorism

The Radically New Approach to Changing Your Life

Mindset

Man (Dis)Connected

A Parent's Guide to Preventing and Overcoming Shyness from Infancy to Adulthood

The Essential Chomsky

Man, Interrupted

The Relationship Manual for Men

The updated edition of the bestselling book that has changed millions of lives with its insights into the growth mindset “Through clever research studies and engaging writing, Dweck illuminates how our beliefs about our capabilities exert tremendous influence on how we learn and which paths we take in life.”—Bill Gates, GatesNotes After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book, she shows how success in school, work, sports, the arts, and almost every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities can be developed. Mindset reveals how great parents, teachers, managers, and athletes can put this idea to use to foster outstanding accomplishment. In this edition, Dweck offers new insights into her now famous and broadly embraced concept. She introduces a phenomenon she calls false growth mindset and guides people toward adopting a deeper, truer growth mindset. She also expands the mindset concept beyond the individual, applying it to the cultures of groups and organizations. With the right mindset, you can motivate those you lead, teach, and love—to transform their lives and your own.

The seminal writings of America's leading philosopher, linguist, and political thinker—"the foremost gadfly of our national conscience" (The New York Times). For the past fifty years Noam Chomsky's writings on politics and language have established him as a preeminent public intellectual as well as one of the most original political and social critics of our time. Among the seminal figures in linguistic theory over the past century, Chomsky has also secured a place among the most influential dissident voice in the United States. Chomsky's many bestselling works—including Manufacturing Consent, Hegemony or Survival, Understanding Power, and Failed States—have served as essential touchstones for activists, scholars, and concerned citizens on subjects ranging from the media and intellectual freedom to human rights and war crimes. In particular, Chomsky's scathing critique of the US wars in Vietnam, Central America, and the Middle East have furnished a widely accepted intellectual premise for antiwar movements for nearly four decades. The Essential Chomsky assembles the core of his most important writings, including excerpts from his most influential texts over the past half century. Here is an unprecedented, comprehensive overview of the thought and insights of one of the world's most influential intellectuals in the course of peace" (The Independent). "Chomsky ranks with Marx, Shakespeare, and the Bible as one of the ten most quoted sources in the humanities—and is the only writer among them still alive."—The Guardian "Noam Chomsky is one of the most significant challengers of unjust power and delusions; he goes against every assumption about American altruism and humanitarianism."—Edward Said "A rebel without a cause."—Bono

A masterful and eye-opening examination of Trump and the coercive control tactics he uses to build a fanatical devotion in his supporters written by “an authority on breaking away from cults...an argument that...bears consideration as the next election cycle heats up” (Kirkus Reviews). Since the 2016 election, Donald Trump's behavior has become both more disturbing and yet increasingly familiar. He relies on phrases like, “fake news,” “build the wall,” and continues to spread the divisive mentality of us-vs.-them. He lies constantly, has no conscience, never admits when he is wrong, and projects all of his shortcomings on to others. He has become more authoritarian, more outrageous, and yet many of his followers remain blindly devoted. Scott Adams, the creator of Dilbert and a major Trump supporter, calls him one of the most persuasive people living. His need to squash alternate information and his insistence of constant ego stroking are all characteristics of other famous leaders—cult leaders. In The Cult of Trump, mind control and licensed mental health expert Steven Hassan draws parallels between our current president and people like Jim Jones, David Koresh, Ron Hubbard, and Sun Myung Moon, arguing that this presidency is in many ways like a destructive cult. He specifically details the ways in which people are influenced through an array of social psychology methods and how they become fiercely loyal and obedient. Hassan was a former “Moonie” himself, and he presents a “thoroughful and well-researched analysis of some of the most puzzling aspects of the current presidency, including the remarkable passivity of fellow Republicans [and] the gross pandering of many members of the press” (Thomas G. Gutheil, MD and professor of psychiatry, Harvard Medical School). The Cult of Trump is an accessible and in-depth analysis of the president, showing that under the right circumstances, even sane, rational, well-adjusted people can be persuaded to believe the most outrageous ideas. “This book is a must for anyone who wants to understand the current political climate” (Judith Stevens-Long, PhD and author of Living Well, Dying Well).

In a highly engaging style, Rheingold tells the story of what he calls the patriarchs, pioneers, and infonauts of the computer, focusing in particular on such pioneers as J. C. R. Licklider, Doug Engelbart, Bob Taylor, and Alan Kay. The digital revolution did not begin with the teenage millionaires of Silicon Valley, claims Howard Rheingold, but with such early intellectual giants as Charles Babbage, George Boole, and John vonNeumann. In a highly engaging style, Rheingold tells the story of what he calls the patriarchs, pioneers, and infonauts of the computer, focusing in particular on such pioneers as J. C. R. Licklider, Doug Engelbart, Bob Taylor, and Alan Kay. Taking the reader step by step from nineteenth-century mathematics to contemporary computing, he introduces a fascinating collection of eccentrics, mavericks, geniuses, and visionaries. The book was originally published in 1985, and Rheingold's attempt to envision computing in the 1990s turns out to have been remarkably prescient. This edition contains an afterword, in which Rheingold interviews some of the pioneers discussed in the book. As an exercise in what he calls “retrospective futurism,” Rheingold also looks back at how he looked forward.

Understanding How Good People Turn Evil

Overcoming PTSD with the New Psychology of Time Perspective Therapy

Why You Have Too Many Friends on Facebook, Why Your Memory is Mostly Fiction, and 46 Other Ways You're Deluding Yourself

The New Psychology of Time That Will Change Your Life

Diversity in Unity

The Shy Child

One Woman's Journey Through Sex and Porn Addiction

Fixing Broken Windows

At a time before you purchase, check with your instructor or review your course syllabus to ensure that you select the correct ISBN. Several versions of Pearson's MyLab & Mastering products exist for each title, including customized versions for individual schools, and registrations are not transferable. In addition, you may need a CourseID, provided by your instructor, to register for and use Pearson's MyLab & Mastering products. Packages Access codes for Pearson's MyLab & Mastering products may not be included when purchasing or renting from companies other than Pearson; check with the seller before completing your purchase. Use of rental books if you rent or purchase a used book with an access code, the access code may have been redeemed previously and you may have to purchase a new access code. Access codes Access codes that are purchased from sellers other than Pearson carry a higher risk of being either the wrong ISBN or a previously redeemed code. Check with the seller prior to purchase. -- Where great science meets great teaching, Psychology: Core Concepts, 7/e provides rich coverage of the foundational topics taught for introductory psychology. Each major section of every chapter is organized around a single concept, called a Core Concept. The Core Concepts allow readers to draw connections across the chapter and see the big picture of psychology. Learning is then reinforced through focused application and critical thinking activities. The 7th edition features an enhanced critical thinking emphasis, with new chapter-opening “Problems” and new end-of-chapter critical thinking applications that promote active learning. MyPsychLab is an integral part of the Zimbardo / Johnson / McCann Hamilton program. Engaging activities and assessments provide a teaching and learning system that helps students think critically. With MyPsychLab, students can watch videos on psychological research and applications, participate in virtual classic experiments, and develop critical thinking skills through writing. Psychology: Core Concepts, 7/e is available in a new DSM-5 Updated Edition. To learn more, click here. This title is available in a variety of formats - digital and print. Pearson offers its titles on the devices students love through Pearson's MyLab products, CourseSmart, Amazon, and more.

The classic text that defined the field, Psychology and Life, Fifteenth Edition, celebrates Phil Zimbardo's 30th anniversary as its author by returning to its original themes: presenting psychology as a science and as a tool to understanding our daily lives. The book continues to provide a rigorous, research-centered survey of the discipline while offering students features and pedagogy that will spark their interest and excite their imaginations. The ten year anniversary of the book offers an excellent opportunity to publish a second edition. Several aspects of the book have evolved considerably since its first printing. For instance, substantial revision to the internship, licensure, and certification processes has occurred, and are reflected in this resource. Much of the literature on clinical psychology, cultural sensitivity, and the current job market is updated. Changes in technology have large effects on teaching and practicing clinical psychology. These modifications are needed to offer appropriate and updated information for students. In short, virtually every chapter has substantial modification to ensure that the material is accurate and up to date.

A Renowned Neurologist Explains the Mystery and Drama of Brain Disease

Police Torturers and Murderers Reconstruct Brazilian Atrocities

Blood That Cries Out From the Earth

The Art of Living Free in the Digital Age

Restoring Order And Reducing Crime In Our Communities

Why We Misunderstand What Others Think, Believe, Feel, and Want

Monsters, Morality, and Murder

Why Our Boys Are Struggling and What We Can Do About It

The internet has made access to sexually explicit content radically more easy than ever before. This book is essential reading for those with their own relationship with pornography, and for those who want to understand the world we now live in. Republished with extensive revisions in December 2017.

In 2011, Philip Zimbardo gave a TED Talk called “The Demise of Guys,” which has been viewed by over 1.8 million people. A TED eBook called The Demise of Guys: Why Guys Are Struggling and What We Can Do About It followed. This is the expansion of that brief polemic based on Zimbardo’s observations, research, and the survey that was completed by over 20,000 viewers of the original TED Talk. The premise here is that we are facing a not-so-brave new world; a world in which young men are getting left behind. In record numbers men are flailing out academically and failing socially and sexually with women. Philip G. Zimbardo and Nikita Coulombe say that an addiction to video games and online porn have created a generation of shy, socially awkward, emotionally removed, and risk-averse young men who are unable (and unwilling) to navigate the complexities and risks inherent to real-life relationships, school, and employment. Taking a critical look at a problem that is tearing at families and societies everywhere, Man, Interrupted suggests that our young men are suffering from a new form of “arousal addiction,” and introduces a bold new plan for getting them back on track. The concluding chapters offer a set of solutions that can be affected by different segments of society. What the government can do? What schools can do? What parents can do? What the media can do? Filled with telling anecdotes, results of fascinating research, perceptive analysis, and concrete suggestions for change, Man Interrupted is a book for our time. It is a book that informs, challenged, and ultimately inspires.

Man DisconnectedHow technology has sabotaged what it means to be maleRandom House

What existed before the Universe was created? Where does self-worth come from? Do the ends always justify the means? The Philosophy Book answers the most profound questions we all have. It is your visual guide to the fundamental nature of existence, society, and how we think. Discover what it means to be free, whether science can predict the future, or how language shapes our thoughts. Learn about the world's greatest philosophers, from Plato and Confucius to modern thinkers such as Chomsky and Derrida and follow charts and timelines that graphically show the progression of ideas and logic. Written in plain English, with concise explanations of branches of philosophy such as metaphysics and ethics, it untangles complicated theories and makes sense of abstract concepts. It is an ideal reference whether you're a student or a general reader, with simple explanations of big ideas, including the four noble truths, the soul, class struggle, moral purpose, and good and evil. If you're curious about the deeper questions in life, The Philosophy Book is both an invaluable reference and illuminating read.

How technology has sabotaged what it means to be male

The Manson Women and Me

The Psychology of Attitude Change and Social Influence

Educating for Character

The Cult of Trump

Psychology

The 71F Advantage

Big Ideas Simply Explained

An exploration of the human mind's capacity for instinctive understanding about the feelings and desires of others explains how the ability or inability to understand the minds of those around us leads to connection or conflict.

A top neurologist explains the difficulty of diagnosing brain diseases through such cases as a college quarterback who keeps calling the same play and a salesman who continuously drives around a traffic circle.

Explains how self-delusion is part of a person's psychological defense system, identifying common misconceptions people have on topics such as caffeine withdrawal, hindsight, and brand loyalty.

As both a clinical psychologist and an authority on comparative religion, James W. Jones is uniquely qualified to address the increasingly urgent issue of religious terrorism. Research on the psychology of violence shows that several factors work to make ordinary people turn "evil." Authoritarian religion or "fundamentalism."

Jones shows, is a particularly rich source of such ideas and feelings, which he finds throughout the writings of Islamic jihadists. Jones notes that not every adherent of an authoritarian group will turn to violence, and he shows how theories of personality development can explain why certain individuals are easily recruited.

How the Digital Age is Changing Young Men Forever

Why Young Men are Struggling & what We Can Do about it

The Lucifer Effect

You are Not So Smart

Psychology and Life

Core Concepts

Shyness

“Zimbardo has put his finger on a great challenge of the modern era’ - The Sunday Times Masculinity is in meltdown. Young men are failing as never before – academically, socially and sexually. But why? And what needs to be done? Internationally-acclaimed psychologist Philip Zimbardo, and research partner Nikita Coulombe, show how symptoms include excessive gaming and porn use, apathy and drug abuse. They argue that digital technologies create alternative worlds that many boys find less demanding and more rewarding than real life, yet which are ultimately harmful. There is hope. Man Disconnected reveals where the solutions are to be found, and what action we can take. Controversial, provocative and insightful, this book is an alarm call ignored at our peril.”

Includes a foreword by Major General David A. Rubenstein. From the editor: “71F, or “71 Foxtrot,” is the AOC (area of concentration) code assigned by the U.S. Army to the specialty of Research Psychology. Qualifying as an Army research psychologist requires, first of all, a Ph.D. from a research (not clinical) intensive graduate psychology program. Due to their advanced education, research psychologists receive a direct commission as Army officers in the Medical Service Corps at the rank of captain. In terms of numbers, the 71F AOC is a small one, with only 25 to 30 officers serving in any given year. However, the 71F impact is much bigger than this small cadre suggests. Army research psychologists apply their extensive training and expertise in the science of psychology and social behavior toward understanding, preserving, and enhancing the health, well being, morale, and performance of Soldiers and military families. As is clear throughout the pages of this book, they do this in many ways and in many areas, but always with a scientific approach. This is the 71F advantage: applying the science of psychology to understand the human dimension, and developing programs, policies, and products to benefit the person in military operations. This book is the result of the April 2008 biennial conference of U.S. Army Research Psychologists, held in Bethesda, Maryland. This meeting was to be my last as Consultant to the Surgeon General for Research Psychology, and I thought it would be a good idea to publish proceedings, which had not been done before. As Consultant, I’d often wished for such a document to help explain to people what it is that Army Research Psychologists “do for a living.” In addition to our core group of 71Fs, at the Bethesda 2008 meeting we had several brand-new members, and a number of distinguished retirees, the “grey-beards” of the 71F clan.

Together with longtime 71F colleagues Ross Pastel and Mark Vaitkus, I also saw an unusual opportunity to capture some of the history of the Army Research Psychology specialty while providing a representative sample of current 71F research and activities. It seemed to us especially important to do this at a time when the operational demands on the Army and the total force were reaching unprecedented levels, with no sign of easing, and with the Army in turn relying more heavily on research psychology to inform its programs for protecting the health, well being, and performance of Soldiers and their families.”

A moving exploration of how gay men construct their identities, fight to be themselves, and live authentically. It goes without saying that even today, it's not easy to be gay in America. While young gay men often come out more readily, even those from the most progressive of backgrounds still struggle with the legacy of early-life stigma and a deficit of self-acceptance, which can fuel doubt, regret, and, at worst, self-hatred. And this is to say nothing of the ongoing trauma wrought by AIDS, which is all too often relegated to history. Drawing on his work as a clinical psychologist during and in the aftermath of the epidemic, Walt Odets reflects on what it means to survive and figure out a way to live in a new, uncompromising future, both for the men who endured the upheaval of those years and for the younger men who have come of age since then, at a time when an HIV epidemic is still ravaging the gay community, especially among the most marginalized. Through moving stories—of friends and patients, and his own—Odets considers how experiences early in life launch men on trajectories aimed at futures that are not authentically theirs. He writes to help reconstruct how we think about gay life by considering everything from the misleading idea of “the homosexual,” to the diversity and richness of gay relationships, to the historical role of stigma and shame and the significance of youth and of aging. Crawling out from under the trauma of destructive early-life experience and the two epidemics, and into a century of shifting social values, provides an opportunity to explore possibilities rather than live with limitations imposed by others. Though it is drawn from decades of private practice, activism, and life in the gay community, Odets’s work achieves remarkable universality. At its core, Out of the Shadows is driven by his belief that it is time that we act based on who we are and not who others are or who they would want us to be. We—particularly the young—must construct our own paths through life. Out of the Shadows is a necessary, impassioned argument for how and why we must all take hold of our futures.

A New York Times Bestseller “I’ll be forever changed by Dr. Eger’s story...The Choice is a reminder of what courage looks like in the worst of times and that we all have the ability to pay attention to what we’ve lost, or to pay attention to what we still have.”—Oprah “Dr. Eger’s life reveals our capacity to transcend even the greatest of horrors and to use that suffering for the benefit of others. She has found true freedom and forgiveness and shows us how we can as well.” —Desmond Tutu, Nobel Peace Prize Laureate “Dr. Edith Eva Eger is my kind of hero. She survived unspeakable horrors and brutality; but rather than let her painful past destroy her, she chose to transform it into a powerful gift—one she uses to help others heal.” —Jeannette Walls, New York Times

shows us how to find the key to freedom. The Choice is a life-changing book that will provide hope and comfort to generations of readers.