

Perv The Sexual Deviant In All Of Us Jesse Bering

In his internationally acclaimed book, Smart Thinking, which examines the gap between innate intelligence and acquired mental skills, Art Markman presented a three-part formula to show readers how to develop “smart habits”, how to acquire high quality knowledge, and how to use that knowledge when it’s needed. Now, Markman takes his scientifically-based formula one step further to demonstrate the correlation between personality and habits, and the impact of personality and habits on leadership potential and innovation success. Habits of Leadership explores the “Big 5” personality characteristics -- Extroversion, Agreeableness, Conscientiousness, Openness, and Emotional Stability -- as well as other key variables such as person’s ability to acquire and use knowledge or the level of one’s tolerance to risk. Using a unique personality profiler, readers are able to determine their strengths and weaknesses and then apply this understanding to develop smart habits. Great leaders have key traits that influence their success. People who are Extroverts can serve as effective advocates for ideas. Those who are low in Agreeableness are willing to tell people things that they do not want to hear, and so facilitate open and honest lines of communication. People high in Conscientiousness get things done. They ensure that a project once started is completed.. Those who are high in Openness and are able to acquire and use knowledge through reasoning, intuition, or perception tend to be good change-makers. Their breadth of knowledge allows them to communicate ideas from a wide variety of sources to innovate and solve problems. And leaders possessed of emotional stability have the clear-mindedness and confidence to navigate through any storm. Individuals who demonstrate these traits and who have developed habits that serve them well, are extraordinary. Yet the potential for greatness is within everyone. Habits of Leadership will show anyone how to develop and use these exceptional gifts.

For much of his thirties, Jesse Bering thought he was probably going to kill himself. He was a successful psychologist and writer, with books to his name and bylines in major magazines. But none of that mattered. The impulse to take his own life remained. At times it felt all but inescapable. Bering survived. And in addition to relief, the fading of his suicidal thoughts brought curiosity. Where had they come from? Would they return? Is the suicidal impulse found in other animals? Or is our vulnerability to suicide a uniquely human evolutionary development? In Suicidal, Bering answers all these questions and more, taking us through the science and psychology of suicide, revealing its cognitive secrets and the subtle tricks our minds play on us when we’re easy emotional prey. Scientific studies, personal stories, and remarkable cross-species comparisons come together to help readers critically analyze their own doomsday thoughts while gaining broad insight into a problem that, tragically, will most likely touch all of us at some point in our lives. But while the subject is certainly a heavy one, Bering’s touch is light. Having been through this himself, he knows that sometimes the most effective response to our darkest moments is a gentle humor, one that, while not denying the seriousness of suffering, at the same time acknowledges our complicated, flawed, and yet precious existence. Authoritative, accessible, personal, profound—there’s never been a book on suicide like this. It will help you understand yourself and your loved ones, and it will change the way you think about this most vexing of human problems.

"The most perverse perversions are not always those one would expect. At once clinical, bewildering, hilarious and deeply poignant, Overexposed shows how science can pervert itself by identifying too closely with its object, pushing along the way the limits assigned to humanity. This insider's exposition of a controversial cognitive behavioral method is a hallucinatory document on the manner in which our society exposes sexuality to the point of overexposure. Are we all already living in a sex laboratory?"--Jacket.

Five short stories about adolescent, anti-contact, non-offending MAPs.

Forever Odd

The Origins of Good and Evil

Perversity Think Tank

Civilized to Death

Penis Pokey

An Odd Thomas Novel

Sensation and Perception

A haunting tale of love and loss that will make you think twice ... What would you do if you had the chance to change a pivotal moment from your past? How far would you go to save someone you loved? These are just two of the fateful choices a woman must face in this highly original and hauntingly evocative detective story of love and loss. At the core of the enigmatic Stella ’s story, past and present, is a mystery she is compelled to solve, a beautiful young woman who went missing fifty years ago – and a tragedy much closer to home she must try to prevent. As Stella unravels the dark secrets of her family’s past and her own, it becomes clear that everyone remembers the past differently and the small choices we make every day can change our future irrevocably. This utterly original, gripping and mind-bending tale will stay with you long after the last page. ‘A beautifully compelling book that dares to not only ask “ What if? ” but to explore that question with heart-busting yearning, wry humour and masterful storytelling.’ Kate Mulvany, playwright and actor? ‘ The Lost Girls is a wonderfully unsettling novel about anger, loss and hope. Tightly written and compulsive, its twists had me frantically turning the pages.’ Emma Viskic, award-winning author of And Fire Came Down and Resurrection Bay

“ An eloquent testimonial to the power of love and the devastation of loss ” from the National Book Award–winning author of Becoming a Man (Publishers Weekly). In 1974, Paul Monette met Roger Horwitz, the man with whom he would share more than a decade of his life. In 1986, Roger died of complications from AIDS. Borrowed Time traces this love story from start to tragic finish. At a time when the medical community was just beginning to understand this mysterious and virulent disease, Monette and others like him were coming to terms with unfathomable loss. This personal account of the early days of the AIDS crisis tells the story of love in the face of death. A finalist for the National Book Critics Circle Award, Borrowed Time was one of the first memoirs to deal candidly with AIDS and is as moving and relevant now as it was more than twenty-five years ago. Written with fierce honesty and heartwarming tenderness, this book is part love story, part testimony, and part requiem. This ebook features an illustrated biography of Paul Monette including rare images and never-before-seen documents from the Paul Monette papers of the UCLA Library Special Collections.

This book examines some of the ways in which sexuality has been described and interpreted in the West. The main models examined are: the Christian view of sex as sinful; the psychoanalytical model, including such notions as the sexual drive, infantile sexuality, the Oedipus complex, and the distinction between male and female sexuality; the 'social construction' model, which proposes that 'sexuality' is a modern concept; and the links between sexuality and spirituality. There is also some consideration of feminist and gay approaches to sexuality, and the complicated subject of male sexuality.

A new paperback edition of Steve Chilton's illuminating and entertaining history of hill running, one of athletics' most demanding sports, as well as the most demandingly amateur.

Habits of Leadership

The Self Illusion

How the Social Brain Creates Identity

Perv

The Monster Under the Bed

Perv--a Love Story

Discover and Use the Remarkable Connection Between Personality and Habits to Bec ome an Outstanding Manager

The most contemporary and relevant introduction to the field, Cultural Psychology, Fourth Edition, is unmatched in both its presentation of current, global experimental research and its focus on helping students to think like cultural psychologists.

In this eye-opening book, psychologist Jesse Bering argues that we are all sexual deviants on one level or another. He introduces us to the young woman who falls madly in love with the Eiffel Tower, a young man addicted to seductive sneezes, and a pair of deeply affectionate identical twins, among others. He challenges us to move beyond our attitudes towards ‘deviant’ sex and consider the alternative: what would happen if we rise above our fears and revulsions and accept our true natures? With his signature wit and irreverent style, Bering pulls back the curtains on the history of perversions, the biological reasons behind our distaste for unusual sexual proclivities and the latest research on desire. Armed with reason, science and an insatiable appetite for knowledge, he humanises deviants while asking some provocative questions about the nature of hypocrisy, prejudice and when sexual desire can lead to harm. A groundbreaking look at our complex relationship with our carnal urges and the ways in which we disguise, deny and shame the sexual deviant in all of us, Perv brings hidden desires into the spotlight.

Set in 1970, in the last, dark days of hippiedom, Perv -- A Love Story is the saga of Bobby Stark, a sixteen-year-old batch of desire and angst struggling to stay sane in a world gone Day-Glo. As the novel opens, Bobby loses his virginity in a drug-addled tryst with a one-armed barber's daughter. For his sins he's thrown out of school and dispatched to live with his mom, a festive electro shock aficionado, whose condo he flees to track down Michelle, the gorgeously damaged, lapsed Hare Krishna-ette he's adored since kindergarten. Like the rest of their generation, the couple hit the road for California, only to be picked up in a hell-fueled Lincoln by a pair of Bad Hippies -- Meat and Varnish -- smacked-out spiritual cousins to Charles Manson. From here the trip gets vicious.... Already an underground classic, Perv-A Love Story is relentlessly twisted, sexy, and savagely funny literary excursion, a novel of doomed youth in the era when Flower Power had begun to wilt.

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What Animal Courtship and Mating Tell Us about Human Relationships

Stygiophilia

Bank: The Curious Coupling of Science and Sex

The Last Book on the Left

Why Is the Penis Shaped Like That?

Sex, Depression, and the Conversations We Aren't Having

The Price of Progress

A leading cognitive scientist argues that a deep sense of good and evil is bred in the bone. From John Locke to Sigmund Freud, philosophers and psychologists have long believed that we begin life as blank moral slates. Many of us take for granted that babies are born selfish and that it is the role of society—and especially parents—to transform them from little sociopaths into civilized beings. In Just Babies, Paul Bloom argues that humans are in fact hardwired with a sense of morality. Drawing on groundbreaking research at Yale, Bloom demonstrates that, even before they can speak or walk, babies judge the goodness and badness of others’ actions; feel empathy and compassion; act to soothe those in distress; and have a rudimentary sense of justice. Still, this innate morality is limited, sometimes tragically. We are naturally hostile to strangers, prone to parochialism and bigotry. Bringing together insights from psychology, behavioral economics, evolutionary biology, and philosophy, Bloom explores how we have come to surpass these limitations. Along the way, he examines the morality of chimpanzees, violent psychopaths, religious extremists, and Ivy League professors, and explores our often puzzling moral feelings about sex, politics, religion, and race. In his analysis of the morality of children and adults, Bloom rejects the fashionable view that our moral decisions are driven mainly by gut feelings and unconscious biases. Just as reason has driven our great scientific discoveries, he argues, it is reason and deliberation that makes possible our moral discoveries, such as the wrongness of slavery. Ultimately, it is through our imagination, our compassion, and our uniquely human capacity for rational thought that we can transcend the primitive sense of morality we were born with, becoming more than just babies. Paul Bloom has a gift for bringing abstract ideas to life, moving seamlessly from Darwin, Herodotus, and Adam Smith to The Princess Bride, Hannibal Lecter, and Louis C.K. Vivid, witty, and intellectually probing, Just Babies offers a radical new perspective on our moral lives.

Almost everyone has had some interaction with depression. Whether it's you, a familymember, a friend, or a partner who is affected, depression has the potential to touch us all. Even so, many of us don't know how to handle depression becoming part of our love life and it can quickly become the monster under the bed.From "you have to love yourself first," to "don't stick it in the crazy," to dead silence, popular responses to the topic leave much to be desired. But you're not alone and you can have successful relationships and satisfying sex with depression.The Monster Under the Bed is a practical exploration of how to navigate sex and relationships while coping with depression. JoEllen Notte will help you understand how sexual function is affected by depression and what keeps us from effectively addressing it. Heavily informed the author's research, including surveys of over 1,000 people and interviews with close to 200, this is the first book of its kind. With practical tips and real-life examples, this is both a guidebook for people with depression and the people who love them, as well as a reference tool for mental health professionals.

The Book Where You 're the Star! Every scene in Penis Pokey has one thing missing—and you have to complete the picture. Are you up to the challenge?

Lamacq marks 40 years of fandom, and over 25 years of the Radio 1 award-winning music show, the "Evening Session" with the re-release of Going Deaf For A Living (20 years after its original publication date). Now updated with an introduction and an additional chapter, bringing the book up-to-date, this is the book for anyone who has ever had even a passing obsession with 90s pop, providing - as it does - an overview of the era that saw the rebirth of British music.

Arousal

Minor-Attracted People and Their Pursuit of Dignity

How suicide haunts our species

Sexual Dissidence

Born to Believe

Just Babies

The Scientific Search for the Afterlife, Immortality, and Utopia

New York Times Bestseller • Finalist for the 2018 National Book Critics Circle Award in Nonfiction • A New York Times Notable Book • Bloomberg Best Book of 2018 “Their distinctive contribution to the higher-education debate is to meet safetyism on its own, psychological turf and us that safetyism undermines the freedom of inquiry and speech that are indispensable to universities.” —Jonathan Marks, Commentary “The remedies the book outlines should be considered on college campuses, among parents of current and future students, and by anyone lon

—Pittsburgh Post-Gazette Something has been going wrong on many college campuses in the last few years. Speakers are shouted down. Students and professors say they are walking on eggshells and are afraid to speak honestly. Rates of anxiety, depression, and suicide are rising. How did this happen? First Amendment expert Greg Lukianoff and social psychologist Jonathan Haidt show how the new problems on campus have their origins in three terrible ideas that have become increasingly woven into American childhood and education: What doesn't kill always trust your feelings; and life is a battle between good people and evil people. These three Great Untruths contradict basic psychological principles about well-being and ancient wisdom from many cultures. Embracing these untruths—and the resulting culture of safetyism—social, emotional, and intellectual development. It makes it harder for them to become autonomous adults who are able to navigate the bumpy road of life. Lukianoff and Haidt investigate the many social trends that have intersected to promote the spread of these untruths. The such as the rise of fearful parenting, the decline of unsupervised, child-directed play, and the new world of social media that has engulfed teenagers in the last decade. They examine changes on campus, including the corporatization of universities and the emergence of new ideas. They situate the conflicts on campus within the context of America's rapidly rising political polarization and dysfunction. This is a book for anyone who is confused by what is happening on college campuses today, or has children, or is concerned about the growing inability of America to

across party lines. A scientific exploration into humanity's obsession with the afterlife and quest for immortality from the bestselling author and skeptic Michael Shermer In his most ambitious work yet, Shermer sets out to discover what drives humans' belief in life after death, focusing on recent research on immortality along with utopian attempts to create heaven on earth. For millennia, religions have concocted numerous manifestations of heaven and the afterlife, and though no one has ever returned from such a place to report what it is really like—or that it even exists—today we used to try to make it happen in our lifetime. From radical life extension to cryonic suspension to mind uploading, Shermer considers how realistic these attempts are from a proper skeptical perspective. Heavens on Earth concludes with an uplifting paean to purpose and progress here-and-now, whether or not there is a hereafter.

With its fresh, engaging and distinctly Canadian approach, Sexuality Now: Embracing Diversity, First Canadian Edition, teaches students what they need and want to know about sexuality while clearly conveying foundational biological and health issues and citing current and classic research. Founded in author Janell Carroll's partnership with her students, answering the questions and concerns that students have about themselves and their sexuality with scientific fact, sensitivity, humour, and unmatched candor. The Canadian edition presents the range of sexual or gender diversity and takes into account the diverse social, religious, ethnic, racial, and cultural contexts of today's students. The MindTap for Sexuality Now is an online learning environment that features an array of engaging videos of Dr. Carroll traveling to different countries and videotaping actual students regarding their take on various human sexuality research topics.

Most of us believe that we are unique and coherent individuals, but are we? The idea of a "self" has existed ever since humans began to live in groups and become sociable. Those who embrace the self as an individual in the West, or a member of the group in the East, feel fulfilled. The experience seems incredibly real but a wealth of recent scientific evidence reveals that this notion of the independent, coherent self is an illusion - it is not what it seems. Reality as we perceive it is not something that objectively exists, but something that our brains construct by summarizing, and substituting information along the way. Like a science fiction movie, we are living in a matrix that is our mind. In The Self Illusion, Dr. Bruce Hood reveals how the self emerges during childhood and how the architecture of the developing brain enables us to become who we are on each other. He explains that self is the product of our relationships and interactions with others, and it exists only in our brains. The author argues, however, that though the self is an illusion, it is one that humans cannot live without. But things are changing as our technological advances create new social bonds and relationships that used to take time and effort to form are now undergoing a revolution as we start to put our self online. Social networking activities such as blogging, Facebook, LinkedIn and Twitter threaten to change the way we behave. Social networking is changing the way we think. Steroids. The speed and ease at which we can form alliances and relationships is outstripping the same selection processes that shaped our self prior to the internet era. This book ventures into uncharted territory to explain how the idea of the self will never be the same again.

Past the Dark Field: The Teen Stories

Fourth International Student Edition

The Secret Logic of Sexual Fantasies

God, Science, and the Origin of Ordinary and Extraordinary Beliefs

Going Deaf for a Living

And Other Reflections on Being Human

The Coddling of the American Mind

Compares the courtship rituals and mating behavior of humans and their animal counterparts, examining the similarities and differences among the species.

Perversity Think Tank attempts to formulate a philosophical conception of sexual perversion. In this it is the black mirror of one of the most famous texts in the history of philosophy. Plato's Symposium sought to answer a simple question: What is love? Perversity Think Tank begins from an equally simple but darker place: What is perversity?Necrophilia, pedophilia, bestiality, feederism, voyeurism, fetishism -- how is it possible to abstract a single category of sexual behavior from so many unusual and often sordid proclivities? What does a flasher or a groper have in common with, say, the willing "victim" who undertook with a cannibal to cook and eat his own penis?Perversity Think Tank dissects a wealth of examples drawn from literature, art, individual experience, and real-world incidents reported on the blog PervScan.com. However, far from being a "book of the blog," Perversity Think Tank utilizes PervScan the way Freud did his case histories. It serves as a research laboratory for the entirely new vision of perversion presented in the book.And whereas a blog is typically improvisational in tone, like a lab note, Perversity Think Tank is a taut, deeply considered analysis. Like Supervert's previous works, it makes full use of an arsenal of techniques -- non-linearity, juxtaposition, erasure -- derived from vanguard aesthetics. The result is not only a novel approach to perversion but a new sort of work that is simultaneously philosophy, literature, and fuck knows.

Why is homosexuality socially marginal yet symbolically central? Why, in other words, is it so strangely integral to the very societies which obsessively denounce it, and why is it history - history rather than human nature - which has produced this paradoxical position? These are just some of the questions explored in this wide-ranging study of sexual dissidence which returns to the early modern period in order to focus, question, and develop issues of postmodernity. In the process it brilliantly links writers as diverse as Shakespeare, Gide, Wilde, and Genet, and cultural critics as different as St. Augustine, Freud, Fanon, Foucault, and Monique Wittig. So Freud's theory of perversion is discovered to be more challenging than either his critics or his advocates usually allow, especially when approached via the earlier period's archetypal pervers, the religious heretic and the wayward woman, Satan and Eve. The book further shows how the literature, histories, and sub-cultures of sexual and gender dissidence prove remarkably illuminating for current debates in literary theory, psychoanalysis, and cultural materialism. It includes chapters on transgression and its containment, contemporary theories of sexual difference, homophobia, the gay sensibility, transvestite literature in the culture and theatre of Renaissance England, homosexuality, and race.

In Vagaries of Desire, Timo Airaksinen develops a new philosophical account of desire understood as mental state that focuses on a desirable possible world. Literary and philosophical themes, including sexuality, are discussed in terms of their metaphoric and metonymic features.

It's a Hill, Get Over It

Cultural Psychology

A Very Human Ending

The Sexual Deviant in All of Us

The Illustrated Manual

Heavens on Earth
An AIDS Memoir

In tribute to the many splendors of human sexuality, The Deviant's Pocket Guide to the Outlandish Sexual Desires Barely Contained in Your Subconscious profiles over 40 of the wildest and woolliest sexual proclivities you'll ever find, even on the internet. The human race is a species of our few millennia of existence, we've created fire, the wheel, the printing press, vaccines, and the internet. But never is our creativity more evident than when it comes time to reproduce. For nature lovers, there's Dendrophilia (you know, tree hugging). For car people, there's the And for those people who love stuffed animals...you'll just have to look inside. Each entry in this one-of-a-kind encyclopediaexplores the psychological underpinnings, important logistics, and typical fantasies associated with the deviance in question. For the aspiring deviant, there's the accoutrements. Hysterical and astonishingly thorough, The Deviant's Pocket Guide is the only reference book you'll ever need.

NEW YORK TIMES BESTSELLER I see dead people. But then, by God, I do something about it. Odd Thomas never asked for his special ability. He's just an ordinary guy trying to live a quiet life in the small desert town of Pico Mundo. Yet he feels an obligation to do right by his otherworldly confidants, and that's why he's won hearts on both sides of the divide between life and death. But when a childhood friend disappears, Odd discovers something worse than a dead body and embarks on a heart-stopping battle of will and wits with an enemy of exceptional cunning. How come there can be no innocent bystanders, and every sacrifice can tip the balance between despair and hope. You're invited on an unforgettable journey through a world of terror and transcendence to wonders beyond imagining. And you can have no better guide than Odd Thomas. 'I have yet to come away from reading [Bering's] work and not feel considerably better informed than I was minutes before' (Forbes) _____ This penetrating analysis aims to demystify a subject that knows no cultural or demographic boundaries. Why do people want to die? Despite the prevalence of suicide in the developed world, it's a question most of us fail to ask. On hearing news of a suicide we are devastated, but overwhelmingly we feel disbelief. In A Very Human Ending, research psychologist Jesse Bering lifts the lid on this taboo subject, examining our mindset from the inside out to reveal the subtle tricks the mind can play when we're easy emotional prey. In raising challenging questions Bering tests our contradictory superstitions about the act itself. Combining cutting-edge research with investigative journalism and first-person narrative, he also addresses the history of suicide and its evolutionary inheritance to offer a personal, accessible, yet scientifically sound examination of why we are the only species on earth that deliberately ends its own life.

A New York Times Bestseller "Rich in dexterous innuendo, laugh-out-loud humor and illuminating fact. It's compulsively readable." —Los Angeles Times Book Review In ?Bonk, ?the best-selling author of Stiff turns her outrageous curiosity and insight on the most alluring scientific subject of our time: Can a person think herself to orgasm? Why doesn't Viagra help women-or, for that matter, pandas? Can a dead man get an erection? Is vaginal orgasm a myth? Mary Roach shows us how and why sexual arousal and orgasm-two of the most complex, delightful, and amazing scientific phenomena on earth-can be so hard to achieve and what science is doing to make the bedroom a more satisfying place.

Suicidal
Overexposed
Breasts: A Natural and Unnatural History
Sexuality Now
Tell Me What You Want
An Introduction to the Study of Sexuality
Vagaries of Desire: A Collection of Philosophical Essays

Based on his twenty-five years of experience as a psychotherapist, a renowned doctor furnishes a new theory of sexual desire that allows readers to comprehend their own sexual preferences and fantasises, and those of their partners. Reprint.

An equal parts haunting and hilarious deep-dive review of history's most notorious and cold-blooded serial killers, from the creators of the award-winning Last Podcast on the Left

The New York Times bestselling coauthor of Sex at Dawn explores the ways in which “progress” has perverted the way we live—how we eat, learn, feel, mate, parent, communicate, work, and die—in this “engaging, extensively documented, well-organized, and thought-provoking” (Booklist) book. Most of us have instinctive evidence the world is ending—balmy December days, face-to-face conversation replaced with heads-to-heads screens zomboidism, a world at constant war, a political system in disarray. We hear some myths and lies so frequently that they feel like truths: Civilization is humankind’s greatest accomplishment. Progress is undeniable. Count your blessings. You’re lucky to be alive here and now. Well, maybe we are and maybe we aren’t. Civilized to Death counters the idea that progress is inherently good, arguing that the “progress” defining our age is analogous to an advancing disease. Prehistoric life, of course, was not without serious dangers and disadvantages. Many babies died in infancy. A broken bone, infected wound, snakebite, or difficult pregnancy could be life-threatening. But ultimately, Christopher Ryan questions, were these pre-civilized dangers more murderous than modern scourges, such as car accidents, cancers, cardiovascular disease, and a technologically prolonged dying process? Civilized to Death “will make you see our so-called progress in a whole new light” (Book Riot) and adds to the timely conversation that “the way we have been living is no longer sustainable, at least as long as we want to the earth to outlive us” (Psychology Today). Ryan makes the claim that we should start looking backwards to find our way into a better future.

Like no other text, this accessible textbook expertly introduces students to how we sense and perceive the world around us. Using clear and detailed explanations and highly effective illustrations the text illuminates the connections between mind, brain, and behaviour in the realm of sensation and perception. Seamlessly integrating classic findings with cutting edge research in psychology, physiology and neuroscience, the new edition explores the questions researchers are seeking to answer today and the methods of investigation they are using. Ideal for undergraduate Cognitive Psychology courses, this popular textbook now has 15 chapters and a new appendix on noise and signal detection theory.

Borrowed Time

The Lost Girls

Perverting Perversions

Sensate Focus in Sex Therapy

Why We Kill Ourselves

The Deviant's Pocket Guide to the Outlandish Sexual Desires Barely Contained in Your Subconscious

The Science of Sexual Desire and How It Can Help You Improve Your Sex Life

A 2012 New York Times Notable Book A 2013 Los Angeles Times Book Award Winner in the Science & Technology category An engaging narrative about an incredible, life-giving organ and its imperiled modern fate. Did you know that breast milk contains substances similar to cannabis? At times the price of oil? Feted and fetishized, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, arriving earlier, and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle with breast cancer. Are breasts so mercurial—and so vulnerable? In this informative and highly entertaining account, intrepid science reporter Florence Williams sets out to uncover the latest scientific findings from the fields of anthropology, biology, and medicine. Her investigation follows the life cycle of the breast from menopause, taking her from a plastic surgeon's office where she learns about the importance of cup size in Texas to the laboratory where she discovers the presence of environmental toxins in her own breast milk. The result is a fascinating exploration of where breasts came from and why they matter.

A leading expert on human sexuality and author of the blog Sex and Psychology offers an unprecedented look at sexual fantasy based on the most comprehensive, scientific survey ever undertaken. What do Americans really want when it comes to sex? And is it possible for us to have it all? The country's leading experts on human sexuality and author of the popular blog Sex and Psychology, has made it his career's ambition to answer these questions. He recently concluded the largest and most comprehensive scientific survey of Americans' sexual fantasies ever undertaken, interviewing more than 4,000 Americans from all walks of life, answering questions of unusual scope. Based on this study, Tell Me What You Want offers an unprecedented look into our fantasy worlds and what they reveal about us. It helps readers to better understand their own sexual desires and also to appreciate why the desires of their partners may be so incredibly different. If we only better understood the incredible diversity of human sexual desire and why this diversity exists in the first place, we would experience less distress, anxiety, and shame about our own sex lives and often have sexual proclivities that are so different from our own. Ultimately, this book will help readers to enhance their sex lives and to maintain more satisfying relationships and marriages in the future by breaking down barriers to discussing sexual fantasies and allowing them to be more open about the neural activities of the brain. Supported by groundbreaking original research, they explain how our brains construct our deepest convictions and fondest assumptions about reality and the world around us. Using science, psychology, and religion, the authors offer recommendations for how to live a more life-affirming, flexible range of attitudes. Knowing how the brain builds meaning, value, spirituality, and truth into your life will change forever the way you look at yourself and the world.

Born to Believe was previously published in hardcover as Why We Believe What We Believe. Prayer...meditation...speaking in tongues. What do these spiritual activities share and how do they differ? Why do some people believe in God, while others embrace atheism? From the ordinary to the mysteries of life. They motivate us, provide us with our individual uniqueness, and ultimately change the structure and function of our brains. In Born to Believe, Andrew Newberg, MD, and Mark Waldman, MD, reveal -- for the very first time -- how our complex views, memories, and emotions are shaped by the neural activities of the brain. Supported by groundbreaking original research, they explain how our brains construct our deepest convictions and fondest assumptions about reality and the world around us. Using science, psychology, and religion, the authors offer recommendations for how to live a more life-affirming, flexible range of attitudes. Knowing how the brain builds meaning, value, spirituality, and truth into your life will change forever the way you look at yourself and the world.

A Long, Dark Shadow
A Seminar on the Concept of Perversity
How Good Intentions and Bad Ideas Are Setting Up a Generation for Failure
Wild Connection
Stories of Murder and Mayhem from History's Most Notorious Serial Killers

Sensate Focus in Sex Therapy: The Illustrated Manual is an illustrated manual that provides health professionals with specific information on the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (Sensate Focus 1) and enhance intimate relationships (Sensate Focus 2). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with Sensate Focus; emphasize the purpose of Sensate Focus as a mindfulness-based practice; and distinguish between the purposes of Sensate Focus 1 and Sensate Focus 2. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual and the analytical. It discusses how modifications to Sensate Focus can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance, confusion, and goal directed attitudes. This comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

Why do testicles hang the way they do? Is there an adaptive function to the female orgasm? What does it feel like to want to kill yourself? Does "free will" really exist? And why is the penis shaped like that anyway? In Why Is the Penis Shaped Like That?, the research psychologist and award-winning columnist Jesse Bering features more than thirty of his most popular essays from Scientific American and Slate, as well as two new pieces, that take readers on a bold and captivating journey through some of the most taboo issues related to evolution and human behavior. Exploring the history of cannibalism, the neurology of people who are sexually attracted to animals, the evolution of human body fluids, the science of homosexuality, and serious questions about life and death, Bering astutely covers a generous expanse of our kaleidoscope of quirks and origins. With his characteristic irreverence and trademark cheekiness, Bering leaves no topic unturned or curiosity unexamined, and he does it all with an audaciously original voice. Whether you're interested in the psychological history behind the many facets of sexual desire or the evolutionary patterns that have dictated our current mystique and phallic physique, Why Is the Penis Shaped Like That? is bound to create lively discussion and debate for years to come.

"As a sex writer, Jesse Bering is fearless—and peerless." —Dan Savage "You are a sexual deviant. A pervert, through and through." We may not want to admit it, but as the award-winning columnist and psychologist Jesse Bering reveals in Perv, there is a spectrum of perversion along which we all sit. Whether it's voyeurism, exhibitionism, or your run-of-the-mill foot fetish, we all possess a suite of sexual tastes as unique as our fingerprints—and as secret as the rest of the skeletons we've hidden in our closets. Combining cutting-edge studies and critiques of landmark research and conclusions drawn by Sigmund Freud, Alfred Kinsey, and the DSM-5, Bering pulls the curtain back on paraphilias, arguing that sexual deviance is commonplace. He explores the countless fetishists of the world, including people who wear a respectable suit during the day and handcuff a willing sexual partner at night. But he also takes us into the lives of "erotic outliers," such as a woman who falls madly in love with the Eiffel Tower; a pair of deeply affectionate identical twins; those with a particular penchant for statues; and others who are enamored of crevices not found on the human body. Moving from science to politics, psychology, history, and his own reflections on growing up gay in America, Bering confronts hypocrisy, prejudice, and harm as they relate to sexuality on a global scale. Humanizing so-called deviants while at the same time asking serious questions about the differences between thought and action, he presents us with a challenge: to understand that our best hope of solving some of the most troubling problems of our age hinges entirely on the amoral study of sex. As kinky as it is compassionate, illuminating, and engrossing, Perv is an irresistible and deeply personal book. "I can't promise you an orgasm at the end of our adventure," Bering writes, "but I can promise you a better understanding of why you get the ones you do."