

**Mrs. Schwartz's Psychology Class Reading List**  
**2011-2012**

**Written Review:** Approximately 3 pages typed and double-spaced. Take notes on the problems or symptoms that develop throughout the book. By reading your review I should see depth of your reading.

Begin with a two-page summary of the book. Include in the summary, information on all of the major characters, as well as, what the story was about. If you are reading a book that is not fiction and there is only one major character, talk in depth about that person. The third page is for you to interpret the book from a perspective of Psychology.

Things to include.....

- 1. Identify the book completely:** author or editor, full title, publisher, and place and date of publication, fiction or nonfiction. (One line)
- 2. Describe the subject and scope of the book.** (Paragraph overview)
- 3. If Applicable, give information about the author** focusing on his/her qualifications for writing this book. (one paragraph)
- 4. Outline or summarize the main topic of your book.** If there are a number of case studies (descriptions of a psychology patient), select several that you feel are particularly interesting and summarize these. (one page minimum)
- 5. Describe whether or not the author was able** to depict the psychological relationship, problem, disorder and/or therapy technique so that you understood more about it by reading this work. Use several examples/quotes to illustrate this. (List the page you are quoting from) Do not just give me quotes, but make them meaningful with your additional comments. (half a page or more)
- 6. Assess the quality of the book** in regard to both accuracy of psychological content and readability.

**Conversations with Neil's Brain.** Calvin, W. H., & Ojemann, G. A.

Intriguing story of a person with epilepsy who undergoes temporal lobe surgery. Describes the pre-surgery exploration and mapping of his brain. (Neuroscience)

**As Nature Made Him.** Colapinto, John.

A mesmerizing story of a medical tragedy and its traumatic results. Following a botched circumcision, a family is convinced to raise their infant son, Bruce, as a girl. They rename the child Brenda and spend the next 14 years trying to transform him into a her. Brenda's childhood reads as one filled with anxiety and loneliness, and her fear and confusion are present on nearly every page concerning her early childhood. Provides a comprehensive look at the nature/nurture debate. (Nature/Nurture)

**Man's Search for Meaning.** Frankl, Victor E.

Classic existential book that examines the role of meaning in human lives as well as the philosophy behind logotherapy. Written by a psychiatrist, creator of logotherapy and survivor of Auschwitz.

**Frames of Mind: The Theory of Multiple Intelligences.** Gardner, H.

Seminal book arguing against the notion that intelligence is one general capacity and for the notion that intelligence is in fact a range of relatively independent competences. Discusses those various competences and draws implications in particular for education. (Neuroscience)

**Twitch and Shout: A Touretter's tale.** Handler, L.

The author has suffered from Tourette's his entire life. In this moving tale, he describes how it has affected him and how almost all Touretters isolate themselves from the mainstream of society in order to avoid embarrassment or rejection. (Disorders)

**The Curious Incident of the Dog In The Night-time.** Haddon, Mark.

"Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow. This improbable story of Christopher's quest to investigate the suspicious death of a neighborhood dog makes for one of the most captivating,

unusual, and widely heralded novels in recent years." (Abnormal)

**Wasted: A Memoir of Anorexia and Bulimia.** Hornbacher, Marya.

"Marya Hornbacher sustains both anorexia and bulimia through five lengthy hospitalizations, endless therapy, and the loss of family, friends, jobs, and ultimately, any sense of what it means to be "normal." By the time she is in college, Hornbacher is in the grip of a bout with anorexia so horrifying that it will forever put to rest the romance of wasting away. In this vivid, emotionally wrenching memoir, she re-created the experience and illuminated that tangle of personal, family, and cultural causes underlying eating disorders. Wasted is the story of one woman's travels to the darker side of reality, and her decision to find her way back--on her own terms." (Disorders)

**Son-rise: The Miracle Continues.** Kaufman, B. N.

A compendium of cases starting with a recap of their own son's recovery from autism along with accounts of five other cases treated at The Option Instate in which the children responded similarly. (Learning)

**Cracked: Putting Broken Lives Together Again.** Pinsky, Drew, MD,

"Dr. Drew Pinsky is best known as co-host of the long-running advice program Loveline. But he is also the medical director of an addiction rehab clinic in Southern California, treating the severest cases of drug dependency and psychiatric breakdown. Now, in this emotionally arresting narrative, Pinsky takes readers into the hospital with him, sharing the stories behind his struggle to help the patients he calls "the disconnected" regain control of their lives." (Abnormal)

**The Social Animal** Aronson, E.

Beautifully written and entertaining introduction to social psychology. Covers conformity, mass communication, propaganda, persuasion, social cognition, self-justification, aggression, prejudice, liking and loving. (Social)

**Brain, Mind, and Behavior** Bloom, F. E., Lazerson, A., & Hofstadter, L.

Beautifully illustrated and highly readable account of advances in understanding the relationship between the brain and behavior. (Neuroscience, Behavior)

**Reviving Ophelia: Saving the Selves of Adolescent Girls.** Pipher, M

A deeply troubling account of the extent to which depression, eating disorders, self-mutilation, addictions, and suicide attempts among young women may be the consequences of being brought up in a "girl-poisoning culture" that differs greatly from the culture in which previous generations were raised. (Development)

**Phantoms in the Brain: Probing the Mysteries of the Human Mind** Ramachandran, V.S., MD, PhD., and Blakeslee, Sandra.

"A brilliant 'Sherlock Holmes' of neuroscience reveals the strangest cases he has solved—and the insights they yield about human nature and the mind. Using such low-tech tools as cotton swabs and mirrors, and working with patients whose neurological symptoms range from hallucinating cartoon characters to thinking their parents are imposters, Dr. V.S. Ramachandran uncovers answers to deep and quirky questions of human nature that few scientists have dared to address, including why we laugh or become depressed; how we make decisions, deceive ourselves, and dream; and more." (Neuroscience)

**The Boy Who Couldn't Stop Washing.** Rapoport, J. L.

Fascinating and useful case studies of obsessive-compulsive disorder including diagnosis and treatment.

**An Anthropologist on Mars: Seven Paradoxical Tales.** Sacks, Oliver.

Sacks' sixth book on the theme of adaptation in the face of challenge or what he calls "the paradox of disease" in which neurological disorders call forth latent adaptive powers in human beings. In this book, Sacks describes the lives of seven people who appear paradoxical -- for example, Jonathan I. (a color blind painter), Carl Bennett (a surgeon wracked by uncontrollable tics except when he is operating), and Stephen Wiltshire (an autistic artist). (Disorders)

**The Man Who Mistook His Wife for a Hat and Other Clinical Tales.** Sacks, Oliver.

"Sacks recounts the case histories of patients lost in the bizarre, apparently inescapable world of neurological disorders. He tells the stories of individuals afflicted with fantastic perceptual and intellectual aberrations: patients who have lost their memories and with them the greater part of their pasts; who are no longer able to recognize people and common objects; who are stricken with violent tics

and grimaces or who shout involuntary obscenities; whose limbs have become alien; who have been dismissed as retarded yet are gifted with uncanny artistic or mathematical talents." (Abnormal)

**The Mind's Eye** Sacks, Oliver

In *The Mind's Eye*, Oliver Sacks tells the stories of people who are able to navigate the world and communicate with others despite losing what many of us consider indispensable senses and abilities: the power of speech, the capacity to recognize faces, the sense of three-dimensional space, the ability to read, the sense of sight. For all of these people, the challenge is to adapt to a radically new way of being in the world.

**Musicophilia: tales of music and the brain** Sacks, Oliver

In this volume, he turns his attention to the many phenomena concerning music and the brain, relating the scientific explanations alongside numerous and compelling case studies. Sacks describes the effects of music--and different aspects of music--on ordinary individuals, musicians, and people who have had accidents or disabilities, in chapters on music and memory, musical hallucinations, music therapy, and perfect pitch, among other topics.

**Awakenings** Sacks, Oliver

The sleeping-sickness epidemic of 1918 caused hundreds of survivors to slip into a bizarre rigid paralysis with similarities to advanced Parkinson's disease. These patients, only occasionally able to communicate or move, were nearly all institutionalized for life, their ranks increasing every now and then with similarly afflicted men and women. Sacks came to work at a long-term care facility shortly before the first exciting results with L-dopa and Parkinson's in the late 1960s; his patients soon embarked on dramatic, difficult recoveries from up to 50 years of torpor. (States of Consciousness)

**A Man Without Words** Schaller, S.

Moving account of a 27-year-old man who is otherwise normal except that he has no idea of language much less the ability to speak or write. Sheds light on the role of language in thinking. (Learning)

**First Person Plural: My Life as a Multiple** West, Cameron.

"West tells of 'my guys,' and his struggle facing Dissociative Identity Disorder, formerly known as Multiple Personality Disorder. As the people who haunt his mind insist on telling their story, West desperately hangs on to the slender thread that connects him to his wife and son and some semblance of normal life."

**Broken Child** Cameron, Marcia

This account of multiple personality disorder and child abuse is intensely moving, exhausting and powerful. (Disorders)

**The Bell Jar** Sylvia Plath

Plath was an excellent poet but is known to many for this largely autobiographical novel. *The Bell Jar* tells the story of a gifted young woman's mental breakdown beginning during a summer internship as a junior editor at a magazine in New York City in the early 1950s. The real Plath committed suicide in 1963 and left behind this scathingly sad, honest and perfectly-written book, which remains one of the best-told tales of a woman's descent into insanity. (Disorders)

**Catch 22** Joseph Heller

It presents an utterly unsentimental vision of war, stripping all romantic pretenses away from combat, replacing visions of glory and honor with a kind of nightmarish comedy of violence, bureaucracy, and paradoxical madness. (Stress)

**Cut** Patricia McCormick

Burdened with the pressure of believing she is responsible for her brother's illness, 15-year-old Callie begins a course of self-destruction that leads to her being admitted to Sea Pines, a psychiatric hospital the "guests" refer to as Sick Minds. Although initially she refuses to speak, her individual and group therapy sessions trigger memories and insights. Slowly, she begins emerging from her miserable silence, ultimately understanding the role her dysfunctional family played in her brother's health crisis. (Disorder)

**The Five People you Meet in Heaven** Albon, Mitch

He wakes up in heaven, where a succession of five people is waiting to show him the true meaning and value of his life. One by one, these mostly unexpected characters remind him that we all live in a vast

web of interconnection with other lives; that all our stories overlap; that acts of sacrifice seemingly small or fruitless do affect others; and that loyalty and love matter to a degree we can never fathom. (Development)

**Tuesdays with Morrie.** Algom, Mitch

As a student at Brandeis University in the late 1970s, Algom was especially drawn to his sociology professor, Morris Schwartz. On graduation he vowed to keep in touch with him, which he failed to do until 1994, when he saw a segment about Schwartz on the TV program Nightline, and learned that he had just been diagnosed with Lou Gehrig's disease. Their dialogue is the subject of this moving book in which Schwartz discourses on life, self-pity, regrets, aging, love and death, offering aphorisms about each, "After you have wept and grieved for your physical losses, cherish the functions and the life you have left." Far from being awash in sentiment, the dying man retains a firm grasp on reality.

**Ghost Girl.** Torey L. Hayden

Ultimately a testament to the powers of caring and commitment, this is the story of a traumatized eight-year-old who refused to speak due to sexual abuse and possible exposure to satanic rituals. (Disorder)

**Go Ask Alice** Anonymous

The torture and hell of adolescence has rarely been captured as clearly as it is in this classic diary by an anonymous, addicted teen. (States of Consciousness)

**The Hiding Place** Boom, Corrie Ten

The true story of two sisters sent to a Nazi concentration camp for helping Jews, and how they survived.

**I Am the Cheese**, Robert Comier

Imagine discovering that your whole life has been a fiction, your identity altered, and a new family history created. Suddenly nothing is as it once seemed; you can trust no one, maybe not even yourself.

**Kissing Doorknobs.** Terry Spencer Hesser

Tara Sullivan does not know how or why she lost "possession" of her thoughts, but she can trace her terrible problem to her 11th year, when the rhyme "Step on a crack, break your mother's back!" begins to run insistently and ceaselessly through her head. (Disorders)

**Motorcycle Ride on the Sea of Tranquility.** Patricia Santana

The Sahagun family throws a party for their son Chuy, who has just returned home from Vietnam, and Yolanda, anxious to see her favorite brother again, is saddened and frightened when it becomes clear that the war has had a lasting effect on him. (Stress)

**So B. It.** Sarah Weeks

Although she lives an unconventional lifestyle with her mentally disabled mother and their doting neighbor, Bernadette, Heidi has a lucky streak that has a way of pointing her in the right direction. When a mysterious word on her mother's vocabulary begins to haunt her, Heidi's thirst for the truth leads her on a cross-country journey in search of the secrets of her past. (Abnormal)

**Soldier's Heart.** Gary Paulsen

Addressing the most fundamental themes of life and death, the versatile Paulsen produces a searing antiwar story. He bases his protagonist, Charley Goddard, on an actual Civil War soldier, a 15-year-old from Minnesota who lied about his age and ended up participating in most of the war's major battles.

**Starving for Attention** Boone-O'Neill

The book deals not only with the physical aspects of anorexia/bulimia, but also the psychological. It is a great reference for anorexics/bulimics. I admire her courage for writing this book. (Disorders)

**Stop Pretending: What Happened When My Big Sister Went Crazy.** Sonya Sones

The subtitle of *Stop Pretending* says it all: "What Happened When My Big Sister Went Crazy." In a sequence of short, intense poems based on the author's own experiences, a 13-year-old girl suffers through her shifting feelings about her sibling's mental illness. (Abnormal)

**The Boy Who Drank Too Much** Greene, Shep

The efforts of his friends almost fail to stop a lonely and isolated teenager from destroying himself with

alcohol. (States of Consciousness)

**Murphy's Boy** Hayden, T

His name was Kevin but his keepers called him Zoo Boy. He didn't talk. He hid under tables and surrounded himself with a cage of chairs. He hadn't been out of the building in the four years since he'd come in. He was afraid of water and wouldn't take a shower. He was afraid to be naked, to change his clothes. He was nearly 16. (Abnormal)

**The Tiger's Child** Hayden, T

Abandoned by her mother on a highway at age four, abused by her drug-addict father between his prison stints, autistic, electively mute Sheila Renstad at age six broke through her silent rage to communicate, aided by her five-month relationship with special-education teacher Hayden. (Abnormal)

**Tormenting Thoughts and Secret Rituals** Osborn, Ian

As many as six million Americans may suffer from obsessive-compulsive disorder (OCD), making it one of the most common mental diseases. Osborn had a bout with it while in medical training, and he narrates the unfolding understanding of the disease and its treatment informatively and readably. (Disorders)

**Sybil** Schreiber, Flora

The incredible true story of Sybil Dorsett, a survivor of child abuse who was diagnosed with the first multiple personality disorder, reveals that she played host to sixteen separate and distinct personalities before making the long journey to recovery. (Disorders)

**Odd Girl Out: The Hidden Culture of Aggression in Girls** Simmons, Rachel

*Odd Girl Out* begins with the premise that girls are socialized to be sweet with a double bind: they must value friendships; but they must *not* express the anger that might destroy them. Lacking cultural permission to acknowledge conflict, girls develop what Simmons calls "a hidden culture of silent and indirect aggression." (Abnormal)

**Riding the Bus With My Sister** Simon, Rachel

With admirable honesty Rachel Simon details her year spent riding the buses of an unnamed Pennsylvania city with her "mentally challenged" younger sister Beth. (Learning)

**Death Be Not Proud** Gunther, John J.

Johnny Gunther was only seventeen years old when he died of a brain tumor. During the months of his illness, everyone near him was unforgettably impressed by his level-headed courage, his wit and quiet friendliness, and, above all, his unfaltering patience through times of despair. This deeply moving book is a father's memoir of a brave, intelligent, and spirited boy. (Disorders)

**On Death and Dying** Kübler-Ross, Elisabeth.

In this remarkable book, Dr. Kübler-Ross first explored the now-famous five stages of death: denial and isolation, anger, bargaining, depression, and acceptance. (Disorders)

**Whispers: The Voices of Paranoia** Siegel, Ronald.

This book offers a compelling series of vignettes depicting experiences of paranoia. (Disorders)

**Passing for Normal** Wilensky, Amy S.

Growing up is difficult enough without the added stress of an unattractive and little-understood neurological condition that causes one to twitch, pick at one's skin, hoard rotten food or step six times on each stair and manhole cover one passes. No wonder Wilensky, who didn't realize she had Tourette's syndrome and obsessive-compulsive disorder until she was in college, tried so hard to pass for normal.

**From Binge to Blackout: A Mother and Son Struggle with Teen Drinking** Volkmann, Chris and Volkmann, Toren.

Written in alternating chapters from the viewpoints of both mother and son, this is a riveting, enlightening, and heartbreakingly true story of a family that was able to confront the fear, pain, and denial that threatened to destroy them - and survive the epidemic of teenage drinking that is putting America's future at risk. (States of Consciousness)

**Nobody, Nowhere** Williams, Donna.

Victims of the complex, much-misunderstood and professionally baffling disease of autism will find an eloquent voice in Australian-born Williams, one of its victorious survivors. After 25 years, this daughter of abusive parents, shunted from school to school, began to emerge from a private, protective, hallucinatory world in which she was inhabited by multiple personalities. (Abnormal)

**The Moral Animal** Wright, Robert.

An accessible introduction to the science of evolutionary psychology and how it explains many aspects of human nature. Unlike many books on the topic, which focus on abstractions like kin selection, this book focuses on Darwinian explanations of why we are the way we are--emotionally and morally. Wright deals particularly well with explaining the reasons for the stereotypical dynamics of the three big "S's:" sex, siblings, and society. (Evolutionary)

**Prozac Nation** Wurtzel, Elizabeth.

Elizabeth Wurtzel writes with her finger in the faint pulse of a generation whose ruling icons are Kurt Cobain, Xanax, and pierced tongues. A memoir of her bouts with depression and skirmishes with drugs, Prozac Nation still manages to be a witty and sharp account of the psychopharmacology of an era. (States of Consciousness)

**A Beautiful Mind**, Sylvia Nasar

This biography of John Forbes Nash, Jr., explores the life of a man who emerged from the torture of paranoid schizophrenia, which he suffered for 30 years, to accept the Nobel Prize for economics, honoring work accomplished in the 1950s, before madness obscured his mathematical genius (Abnormal)

**A Child Called It**, Dave Pelzer

A boy trying to survive his mother who has abused him his entire life. He tries to escape from his mother. (Social, Abnormal, Developmental) If you choose this option, you must read and review both books

**The Lost Boy**, Dave Pelzer – sequel to A Child Called It

"The Lost Boy" is the harrowing but ultimately uplifting true story of a boy's journey through the foster-care system in search of a family to love. This is Dave Pelzer's long-awaited sequel to "A Child Called "It".

**A Child Called Noah: A Family Journey**, Josh Greenfield

A story of a family's day-to-day life living with and loving a brain-damaged child. (Neuroscience)

**An Unquiet Mind**, Kay Redfield Jamison

A beautifully written account of manic depression written by a professor of psychiatry at Johns Hopkins who is not only a victim of the disorder but a world-renowned expert on it. A central theme is her reluctance to take the drug lithium even though she realizes that it will be beneficial to her because, like many New York creative people, she is afraid to lose the energy that comes with the manic phase of the disorder. Memoir of a leading researcher of manic-depressive illness based on her experiences as a researcher, clinician, and as a person ravaged (and enriched) by the disease. (Abnormal)

**Brilliant Madness**, Patty Duke

Actress, Patty Duke, writes about having bipolar disorder and how it both destroys her as well as allows her a measure of "brilliance" (Abnormal)

**Cassandra's Daughter, A History of Psychoanalysis** Joseph Schwartz

History of psychoanalysis from its origins in 19th century medical science to the present day. From the couch to Prozac. (History)

**Dibbs, In Search Of Self**, Victoria Axline.

Dibbs presents as a child locked away in his own world...withdrawn and antisocial, unable to relate to anyone. This is a true story, written from his case notes, classified as educationally subnormal...and then he enters therapy. (Abnormal, Developmental)

**Don't Ask Miranda**, Lila Perl

Miranda has an unstable home life and must change schools frequently. She is never in one place long enough to develop relationships with her peers. When she is finally asked to join a group, she learns that she must cheat and steal for acceptance. (Social, Adolescence)

**Flowers For Algernon.** Daniel Keyes

Charlie Gordon is a young man with an IQ of 68 who has a job at a box factory and attends night classes in an effort to improve himself. An experimental brain operation becomes available that promises to triple intelligence and Charlie decides that he wants to give it a try. (Learning, Intelligence)

**Friday's.** Patricia Lee Gauch

A young girl and her involvement with a group that is moving in the wrong direction. Despite warnings from her parents, teachers, and friends, she does not see her mistake until she is in serious trouble. (Adolescence, Social)

**Girl Interrupted.** Susanna Kaysen

Autobiographical account of psychological decompensate during late teens. The subsequent psychiatric hospitalization for two years, and the later understanding of the process. (Abnormal)

**I Never Promised You A Rose Garden.** Hannah Green

Classic autobiographical book by Hannah Green about her descent into psychosis when she was 16 years old, her three years in mental institutions, and her subsequent recovery. An adolescent girl's successful struggles with depressive and psychotic symptoms in a psychiatric hospital. (Abnormal)

**I'm Eve.** Chris Costner Sizemore and Elen Sain Pittillo.

Author writes of her 20 multiple personalities. (Abnormal)

**Listening to Prozac.** Peter D. Kramer

Controversial book by a psychiatrist who discusses the use of the drug Prozac as a treatment for depression but which also causes cosmetic changes in personality and character. (Neuroscience)

**Nobody's Child.** Marie Balter & Richard Katz

Marie Balter spent twenty-five years of her life in mental hospitals, then went on to attend Harvard University and to assume a role as spokesperson for the mentally ill. (Abnormal)

**One Flew Over the Cuckoos Nest.** Ken Kesey

Fictional account of a mental hospital and the healing effects of a newcomer who fought for the rights (and psychological health) of its patients (abnormal)

**Ordinary People.** Judith Guest.

Family deals with the tragic loss of their son and brother. (Adjustment Mechanisms, Stress and Frustration)

**Quitting The Nairobi Trio.** Jim Knipfel.

The author spent six months in a locked-door psych ward, only to find that life can be better on the inside. (Abnormal)

**So Much Unfairness of Things.** C. D. Byran

Parental pressure to succeed academically causes a young man to break the school's honor code by cheating. Instead of showing strong disapproval for his son's actions, the incident actually brings the father and son closer together. (Family Relationships, Social)

**Tales From A Traveling Couch.** Robert U. Akeret

A New York psychotherapist sets out to find his most memorable patients and discover what has become of their lives. (Abnormal)

**The Minds Of Billy Milligan.** Daniel Keyes

Story of Billy Milligan's 24 personalities. Milligan was the first person acquitted of a crime due to multiple personalities. (Abnormal)

**The White Seal** Rudyard Kipling

Kotick, a white seal, has a quest for a secluded island, which would provide permanent safety from the hunters. After finding such an island, he must convince the skeptical elders to follow him to the island. (Social)

**There's A Boy In Here**, Judy and Sean Barron

Account of a mother and her autistic son written alternately from the viewpoint of the mother and the son. (Abnormal)

**Blink** (The Power of Thinking Without Thinking) – Gladwell, Malcolm

Gladwell explores the power of the trained mind to make split second decisions. He explains how an expert's ability to "thin slice" can be corrupted by their likes and dislikes, prejudices and stereotypes (even unconscious ones), and how they can be overloaded by too much information. Gladwell also tells us about our instinctive ability to mind read, which is how we can get to know what emotions a person is feeling just by looking at his or her face. He informs us that with experience, we can become masters at the game of "thin slicing". (Neuroscience)

**Outliers: the story of success**, - Gladwell, Malcolm

In this stunning investigation of success, Malcolm Gladwell takes us on a journey through the world of "outliers"-the best, brightest, and most famous-asking the question: what makes high-achievers different? Gladwell argues that in order to solve this riddle we must focus on the contributing elements *around* the successful-their culture, their family, their generation, and the idiosyncratic experiences of their upbringing. Along the way, he explains what the Beatles and Bill Gates share in common, the reason you've never heard of the smartest man in the world, why almost no star hockey players are born in the fall, and why Columbian and South Korean airplane pilots are more likely to crash.

**The Tipping Point: how little things can make a big difference**, - Gladwell, Malcolm

The tipping point is that magic moment when an idea, trend, or social behavior crosses a threshold, tips, and spreads like wildfire. Just as a single sick person can start an epidemic of the flu, so too can a small but precisely targeted push cause a fashion trend, the popularity of a new product, or a drop in the crime rate. This widely acclaimed bestseller, in which Malcolm Gladwell explores and brilliantly illuminates the tipping point phenomenon, is already changing the way people throughout the world think about selling products and disseminating ideas.

**The Lucifer Effect** – by Philip Zimbardo

Famous psychologist and past APA president examines the inherent potential of good and evil in each of us.

**Brain Sex: The Real Difference Between Men and Women** by Anne Moir, Ph.D and David Jessell

Takes a look at brain development from conception and tries to explain the difference between the male brain and the female brain.

**Breaking Free: My Life with Dissociative Identity Disorder** by Herschel Walker

Herschel Walker's account of having DID, which at one time was called multiple personality disorder.

**My Stroke of Insight** by Jill Bolte Taylor, PhD. Through her own stroke, Dr. Taylor takes us on a fascinating journey into the mechanics of the human brain.

***This book list is not an 'end all' list. - -***

***If there is a book you would like to read that is not on this list but is Psychology related, you may ask for approval to use.***