

"Psychology is less a set of findings than a way of asking and answering questions..... My aim in this text, then, is not merely to report results but to show you how we play the game.

How do research psychologists sift contesting opinions and ideas?

And how might all of us, whether scientists or simply curious people, think smarter when describing and explaining the events of our lives?

Of course, psychology also has content: its scientific sifting of ideas has produced a smorgasbord of concepts and findings, from which we can only sample the fare. Once aware of psychology's well-researched ideas—about how body and mind connect, how a child's mind grows, how we construct our perceptions, how we remember (and misremember) our experiences, how people across the world differ (and are alike)—your mind may never again be quite the same."

From the Introduction

