

30-Second Psychology [Russian Edition]: The 50 Most Thought-Provoking Psychology Theories, Each Explained in Half a Minute

Christian Jarrett



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The key ideas in psychology explained in half a minute. Pavlov's dogs, psychoanalysis, Milgram's obedience study, and Beck's cognitive therapy? Sure, you know what they all mean. That is, you've certainly heard of them. But do you know enough about these psychology theories to join a dinner-party debate or dazzle the bar with your knowledge?

30-Second Psychology takes the top 50 strands of thinking in this fascinating field and explains them to the general listener in half a minute.

Read in Russian by Dimitriy Kreminskiy and Pavel Dorofeyev.

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