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I loved this course—it offered research-based ways to improve the art and science of building friendships. The author did an incredible job understanding some of the awkwardness of social interactions and normalized them, using tools to guide the reader to improve their skills that will lead of awesome friendship.

[Everyday] Psychophilosophy

A profile of my research interests can be found at <http://www.psy.ohio-state.edu/petty/APLPEOPLE.htm>. To view complete list of my research and psychological work ...

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20 Toxic Beliefs to Move Beyond and Why - PSYCH-K: Quickly

The History of Psychology â€œ Wilhelm Wundt (1832-1920) Germany â€œFather of Psychology â€œ1st in movement to make psychology a science â€œ1st true experimental lab in psychology Structuralist - structure or basic elements of the mind

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What Psych-k Is and What It's Not - Karen Mcky

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Psych-k is one of the those techniques that doesn't deliver as promised. Robert Williams, who is the founder of psych-k, claimed that he used on some of the people he knew to successfully heal negative emotions such as anxiety, anger, depression, guilt, etc.

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