



Psychology Read List

Fiction with Psychological Overtones Pick at least one book from the list to read.

The curious incident of the dog in the night time – Mark Haddon . A mystery told from the perspective of a boy with autism.

Case Histories – Kate Atkinson. First of a series of 6 books, fantastically well written and gripping crime stories. (‘when will there be good news’, ‘One good turn’ and ‘Started early, took my dog’ now there’s two more!)

The French Lieutenants Woman – John Fowles. Complex love story touches on Freud’s early work, the hidden sexuality in Victorian Britain- great ending.

The 3 Faces of Eve – H.M. Thigpen, H Corbett and H.M Cleckley; true story of a woman with three personalities- fascinating

Sybil – Flora Schreiber; the real-life story of a woman with multiple personalities told by her analyst, touching and unsettling in places

In cold blood- Truman Capote; True crime, amazing

The perks of being a wall flower- Stephen Chobosky: Not just teenage angst! There is a twist.

The silver linings play book- Matthew Quick; read the book before you see the film!

The interpretation of murder- Jed Rubenfield; A fictionalised account of a murder with real characters from the world of psychoanalysis. Gripping page turner, plenty of sex and a serial killer what more could you want?

The death instinct- Jed Rubenfield – GREAT!

We are all completely besides ourselves-Karen joy Fowler: you can hear the voice of the narrator so clearly in this book. A surprising turn of events!

One flew over the cuckoo’s nest- Ken Kesey- A disturbing fictional account of the power of the psychiatrist in the 1960s, I have to admit I have not read this, but the film is brilliant.

Eleanor Oliphant Is Completely fine-by Gail Honeyman. Eleanor struggles with appropriate social Skills and tends to say exactly what she's thinking. This is brilliant: funny, sad, and intriguing.

Non Fiction

Forensic psychology-

‘Criminal Shadows’ & ‘Mapping Murder’ – by D. Cantor- fantastic and fascinating insight into the development of criminal profiling in the UK. Lots of real life crimes,

‘Mapping murder’ is a bit more gruesome discussion of the cases of Fred West and others.





General

The Social Animal – Eliot Aronson extremely readable social psychology text, dip into different chapters

Opening Skinner box- Lauren Slater; Slater revisits some classic studies and attempts to replicate them, a lot more interesting than I have made it sound.

Inside the black box- Jack Vernon; discussion of the effects of sensory deprivation.

The man who mistook his wife for a hat- Oliver Sacks; a case study of a patient with a memory problem.

Freakonomics – Steven Levitt & Stephen Dubner: Why do drug dealers live with their mothers? these and other questions investigated in an entertaining way.

The hair of the dog and other scientific surprises- Karl Sabbagh- if we choose to spend our hard-earned money on other people it might make us happier than if we spend it on ourselves? Can you live without a brain? Does alcohol cure a hangover?

YES! 50 secrets of the science of persuasion- Robert Cialdini- looks real experiments on how you can use psychology to change the minds, opinions and behaviour of others- welcome to the dark side!

Watch or listen to.

Sign up to BBC sounds, it’s free and you get the best most reliable podcasts that have been fact checked.

Films and TV

Mean Girls with Lindsey Lohan, Limitless with Bradley Cooper. Black Swan with Natalie Portman, Heathers with Winona Ryder (18) 50 first dates Drew Barrymore & Adam Sandler

TV- Duck quacks don’t echo (sky 1) Frasier (all4 and internet)

Podcasts/radio

[BBC Radio 4 - The Infinite Monkey Cage](#) with Professor Brian Cox.

[BBC Radio 4 - The Digital Human](#)

[BBC Sounds - More or Less - Available Episodes](#) behind the stats, soooo good!

[BBC Sounds - Sara Pascoe: The Modern Monkey - Available Episodes](#) this is my next listen The

[BBC Sounds - Marianna in Conspiracyland - Available Episodes](#) why do people believe conspiracy theories?

[BBC Radio 4 - Why Do We Do That?, Why Is Heartbreak So Painful?](#)

[How to Have a Better Brain - Exercise - BBC Sounds](#)





[Is Psychiatry Working? - Anxiety - BBC Sounds](#)

[BBC Sounds - All in the Mind - Available Episodes](#)

[BBC Sounds - Mind Changers - Available Episodes](#)

[Body Count Rising - BBC Sounds](#) do we need to stop seeing female victims on crime dramas.-
This is brilliant! You will need to buy the– Textbook Psychology A level and AS Book 1 the
complete companion student book for WJEC Eduqas ISBN 978-0-19-835610-3 Don’t get it yet
though let’s see how you get on. Psychology is not for everyone.

