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*Ben Ambridge*

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**Psychology 101 as you wish it were taught: a collection of entertaining experiments, quizzes, jokes, and interactive exercises**

Psychology is the study of mind and behavior: how and why people do absolutely everything that people do, from the most life-changing event such as choosing a partner, to the most humdrum, such as having an extra donut. Ben Ambridge takes these findings and invites the reader to test their knowledge of themselves, their friends, and their families through quizzes, jokes, and games. You'll measure your personality, intelligence, moral values, skill at drawing, capacity for logical reasoning, and more—all of it adding up to a greater knowledge of yourself, a higher “Psy-Q”.

Lighthearted, fun, and accessible, this is the perfect introduction to psychology that can be fully enjoyed and appreciated by readers of all ages.

Take Dr. Ben's quizzes to learn:

- If listening to Mozart makes you smarter
- Whether or not your boss is a psychopath
- How good you are at waiting for a reward (and why it matters)
- Why we find symmetrical faces more attractive
- What your taste in art says about you

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