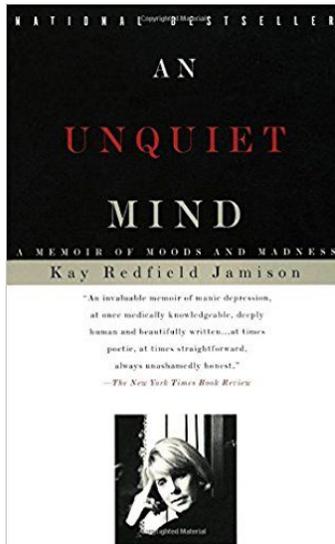
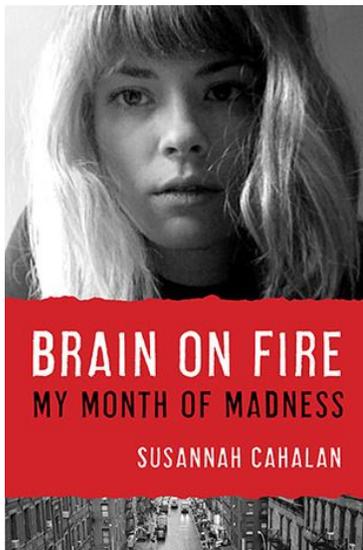


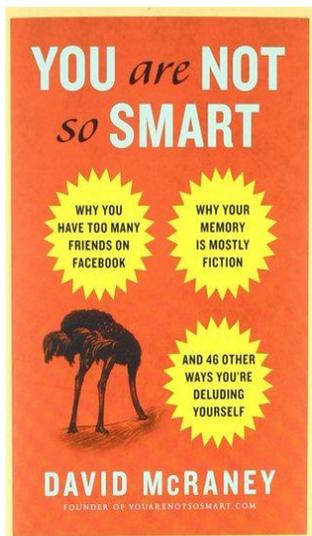
## Approved AP Psychology Summer Reading Books (2018-2019)



*An Unquiet Mind* by Kay Redfield Jamison— is a personal memoir that addresses the subject of manic-depressive illness. The narrative recounts Kay Redfield Jamison’s own struggles with the disease, which is also known as bipolar mood disorder. Though saddening, the memoir also helps to provide hope in that it shows how Jamison has been able to use her disease and her experiences to help treat other people. Jamison’s experiences also help to champion the need for a better understanding of mental illness by both doctors and society.

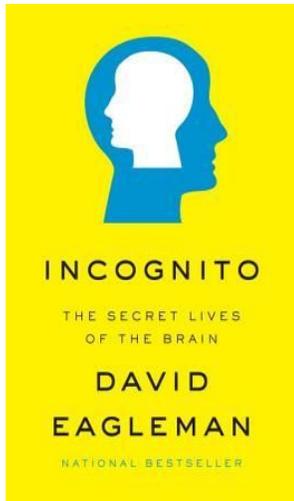


*Brain on Fire: My Month of Madness* by Susannah Cahalan—An award-winning memoir and instant *New York Times* bestseller that goes far beyond its riveting medical mystery, *Brain on Fire* is the powerful account of one woman’s struggle to recapture her identity. When twenty-four-year-old Susannah Cahalan woke up alone in a hospital room, strapped to her bed and unable to move or speak, she had no memory of how she’d gotten there. Days earlier, she had been on the threshold of a new, adult life: at the beginning of her first serious relationship and a promising career at a major New York newspaper. Now she was labeled violent, psychotic, a flight risk. What happened? In a swift and breathtaking narrative, Cahalan tells the astonishing true story of her descent into madness, her family’s inspiring faith in her, and the lifesaving diagnosis that nearly didn’t happen.

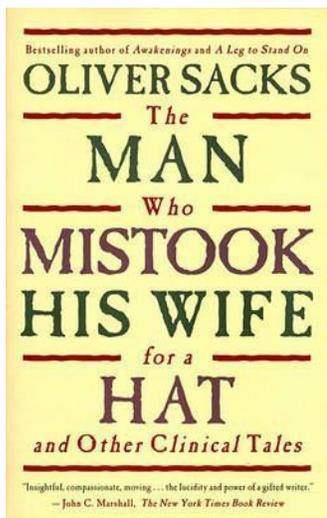


*You are Not so Smart* by David McRaney—Growing out of David McRaney’s popular blog, *You Are Not So Smart* reveals that every decision we make, every thought we contemplate, and every emotion we feel comes with a story we tell ourselves to explain them, but often these stories aren’t true. Each short chapter—covering topics such as Learned Helplessness, Selling Out, and the Illusion of Transparency—is like a psychology course with all the boring parts taken out.

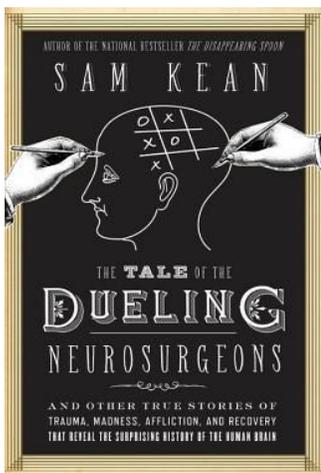
Bringing together popular science and psychology with humor and wit, *You Are Not So Smart* is a celebration of our irrational, thoroughly human behavior.



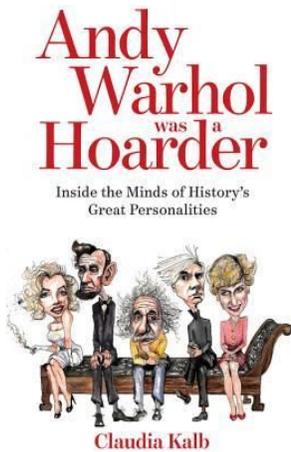
***Incognito* by David Eagleman**--In this dazzling journey, David Eagleman plumbs the depths of the brain to illuminate surprising mysteries: Why does the conscious mind know so little about itself? Why can your foot jump halfway to the brake pedal before you become consciously aware of danger ahead? This mind-blowing voyage into the inner cosmos includes stopovers in mate-selection, synesthesia, beauty, free will, infidelity, artificial intelligence, visual illusions, dreams, and the future of criminal law. Throughout, Eagleman helps us understand how our perceptions of ourselves and our world result from the hidden workings of the most wondrous thing we have ever encountered: the human brain



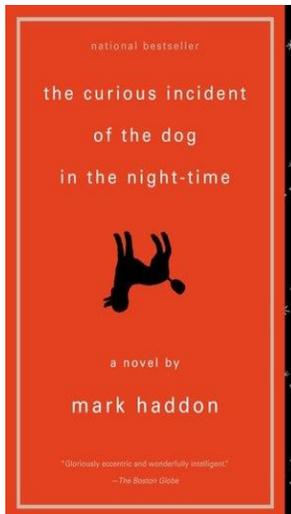
***The Man who Mistook his Wife for a Hat* by Oliver Sacks**--In his most extraordinary book, "one of the great clinical writers of the twentieth century" (The New York Times) recounts the case histories of patients lost in the bizarre, apparently inescapable world of neurological disorders. Oliver Sacks's *The Man Who Mistook His Wife for a Hat* tells the stories of individuals afflicted with fantastic perceptual and intellectual aberrations: patients who have lost their memories and with them the greater part of their pasts; who are no longer able to recognize people and common objects; who are stricken with violent tics and grimaces or who shout involuntary obscenities; whose limbs have become alien; who have been dismissed as retarded yet are gifted with uncanny artistic or mathematical talents.



***The Tale of the Dueling Neurosurgeons* by Sam Kean**--Early studies of the functions of the human brain used a simple method: wait for misfortune to strike--strokes, seizures, infectious diseases, lobotomies, horrendous accidents--and see how the victim coped. In many cases survival was miraculous, and observers could only marvel at the transformations that took place afterward, altering victims' personalities. An injury to one section can leave a person unable to recognize loved ones; some brain trauma can even make you a pathological gambler, pedophile, or liar. But a few scientists realized that these injuries were an opportunity for studying brain function at its extremes. With lucid explanations and incisive wit, Sam Kean explains the brain's secret passageways while recounting forgotten stories of common people whose struggles, resiliency, and deep humanity made modern neuroscience possible.

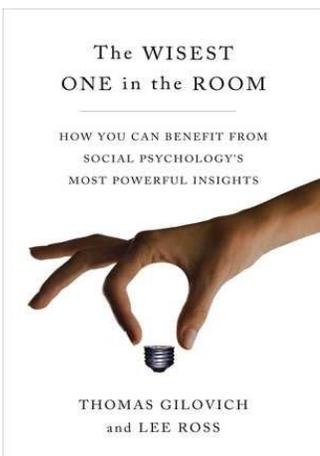


***Andy Warhol was a Hoarder: Inside the Minds of History's Great Personalities* by Claudia Kalb**--Was Andy Warhol a hoarder? Did Einstein have autism? Was Frank Lloyd Wright a narcissist? In this surprising, inventive, and meticulously researched look at the evolution of mental health, acclaimed health and science journalist Claudia Kalb gives readers a glimpse into the lives of high-profile historic figures through the lens of modern psychology, weaving groundbreaking research into biographical narratives that are deeply embedded in our culture. From Marilyn Monroe's borderline personality disorder to Charles Darwin's anxiety, Kalb provides compelling insight into a broad range of maladies, using historical records and interviews with leading mental health experts, biographers, sociologists, and other specialists. Packed with intriguing revelations, this smart narrative brings a new perspective to one of the hottest new topics in today's cultural conversation.



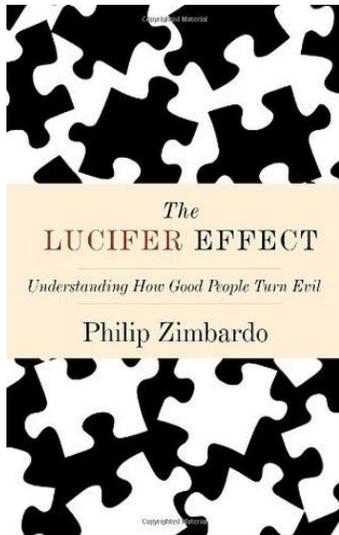
***The Curious Incident of the Dog in the Night-time* by Mark Haddon**--Christopher John Francis Boone knows all the countries of the world and their capitals and every prime number up to 7,057. He relates well to animals but has no understanding of human emotions. He cannot stand to be touched. And he detests the color yellow.

Although gifted with a superbly logical brain, for fifteen-year-old Christopher everyday interactions and admonishments have little meaning. He lives on patterns, rules, and a diagram kept in his pocket. Then one day, a neighbor's dog, Wellington, is killed and his carefully constructive universe is threatened. Christopher sets out to solve the murder in the style of his favourite (logical) detective, Sherlock Holmes. What follows makes for a novel that is funny, poignant and fascinating in its portrayal of a person whose curse and blessing are a mind that perceives the *world* entirely literally.

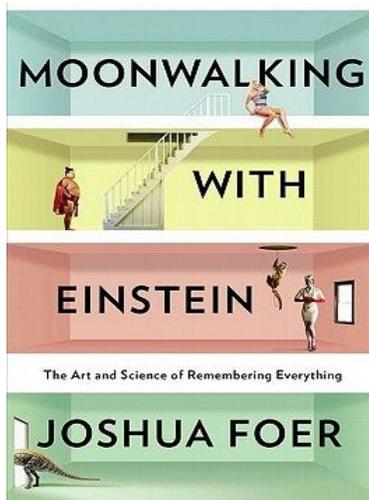


***The Wisest One in the Room: How you can benefit from Social Psychology's Most Powerful Insights* by Thomas Gilovich and Lee Ross**--

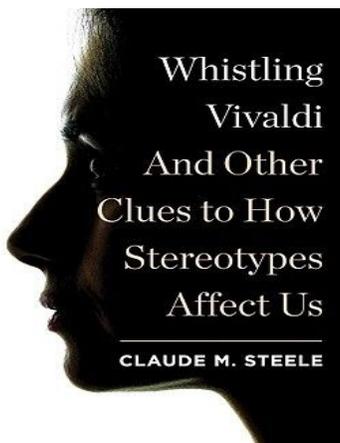
Renowned psychologists describe the most useful insights from social psychology that can help make you "wise": wise about why people behave the way they do, and wise about how to use that knowledge in understanding and influencing the people in your life. They begin by noting that wisdom, unlike intelligence, demands some insight into people—their hopes, fears, passions, and drives. To be wise, they maintain, one must be psych-wise.



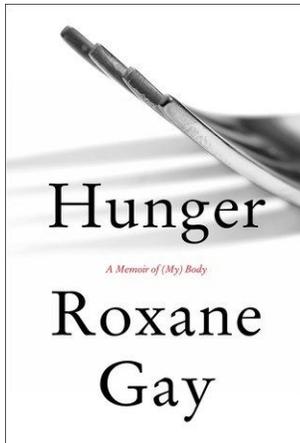
***The Lucifer Effect: Understanding How Good People Turn Evil* by Philip Zimbardo**—Renowned social psychologist and creator of the "Stanford Prison Experiment," Philip Zimbardo explores the mechanisms that make good people do bad things, how moral people can be seduced into acting immorally, and what this says about the line separating good from evil. Here, for the first time and in detail, Zimbardo tells the full story of the Stanford Prison Experiment, the landmark study in which a group of college-student volunteers was randomly divided into "guards" and "inmates" and then placed in a mock prison environment. Within a week, the study was abandoned, as ordinary college students were transformed into either brutal, sadistic guards or emotionally broken prisoners.



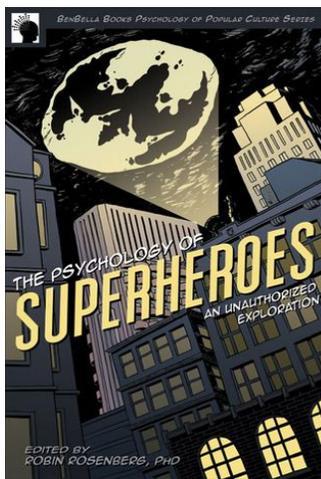
***Moonwalking with Einstein: the Art and Science of Remembering Everything* by Joshua Foer**—On average, people squander forty days annually compensating for things they've forgotten. Joshua Foer used to be one of those people. But after a year of memory training, he found himself in the finals of the U.S. Memory Championship. Even more important, Foer found a vital truth we too often forget: In every way that matters, we are the sum of our memories. Moonwalking with Einstein draws on cutting-edge research, a surprising cultural history of memory, and venerable tricks of the mentalist's trade to transform our understanding of human remembering. Under the tutelage of top "mental athletes," he learns ancient techniques once employed by Cicero to memorize his speeches and by Medieval scholars to memorize entire books. Using methods that have been largely forgotten, Foer discovers that we can all dramatically improve our memories



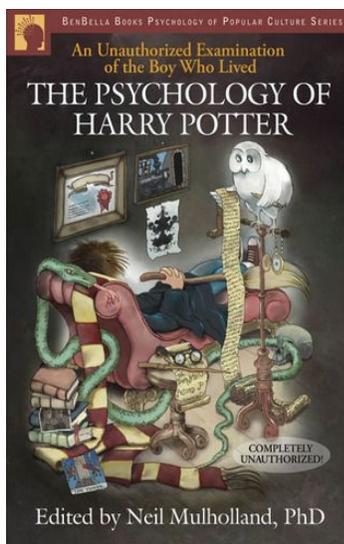
***Whistling Vivaldi and Other Clues to How Stereotypes Affect Us* by Claude M. Steele**—Through dramatic personal stories, Claude Steele shares the experiments and studies that show, again and again, that exposing subjects to stereotypes—merely reminding a group of female math majors about to take a math test, for example, that women are considered naturally inferior to men at math—impairs their performance in the area affected by the stereotype. Steele's conclusions shed new light on a host of American social phenomena, from the racial and gender gaps in standardized test scores to the belief in the superior athletic prowess of black men. Steele explicates the dilemmas that arise in every American's life around issues of identity, from the white student whose grades drop steadily in his African American Studies class to the female engineering students deciding whether or not to attend predominantly male professional conferences. Whistling Vivaldi offers insight into how we form our senses of identity and ultimately lays out a plan for mitigating the negative effects of "stereotype threat" and reshaping American identities.



***Hunger: A Memoir of (My) Body* by Roxane Gay**--From the bestselling author of *Bad Feminist*: a searingly honest memoir of food, weight, self-image, and learning how to feed your hunger while taking care of yourself. With the bracing candor, vulnerability, and power that have made her one of the most admired writers of her generation, Roxane explores what it means to learn to take care of yourself: how to feed your hungers for delicious and satisfying food, a smaller and safer body, and a body that can love and be loved—in a time when the bigger you are, the smaller your world becomes.



***The Psychology of Superheroes: An Unauthorized Exploration* by Robin Rosenberg**--Unmasking superhuman abilities and double lives, this analysis showcases nearly two dozen psychologists as their essays explore the minds of pop culture's most intriguing and daring superheroes, including Spider-Man, Batman, Superman, and the X-Men. Exposing the inner thoughts that these reclusive heroes would only dare share with trained professionals, heady experts give detailed psychoanalyses of what makes specific superheroes tick while answering such questions as "Why do superheroes choose to be superheroes?" "Why is there so much prejudice against the X-Men" "mutants?" "What makes Spider-Man so altruistic?" and "Why are supervillains so aggressive?" Additionally, the essays tackle why superheroes have such an enduring effect on American culture.



***The Psychology of Harry Potter* by Neil Mulholland**--Harry Potter has provided a portal to the wizarding world for millions of readers, but an examination of Harry, his friends and his enemies will take us on yet another journey: through the psyche of the Muggle (and wizard!) mind. The twists and turns of the series, as well as the psychological depth and complexity of J. K. Rowling's characters, have kept fans enthralled with and puzzling over the many mysteries that permeate Hogwarts and beyond: Do the Harry Potter books encourage disobedience? Why is everyone so fascinated by Professor Lupin? What exactly will Harry and his friends do when they finally pass those N.E.W.T.s? Do even wizards live by the ticking of the clock? Is Harry destined to end up alone? And why did it take Ron and Hermione so long to get together? Now, in *The Psychology of Harry Potter*, leading psychologists delve into the ultimate Chamber of Secrets, analyzing human mind and motivation by examining the themes and characters that make

the Harry Potter books the bestselling fantasy series of all time. Grab a spot on the nearest couch, and settle in for some fresh revelations about our favorite young wizard!

