

Contents

Unit 1	Approaching Psychology	1
Text A	Psychology and Our Life	3
Text B	Psychology and Folk Wisdom: The Problem with “Common Sense”	11
Unit 2	Achieving Academic Excellence	17
Text A	Cultivating Curiosity: Develop Your Passion for Knowledge	19
Text B	Make It Stick	27
Unit 3	Locating Your Strength	35
Text A	Intelligence and Individuality	37
Text B	The Nature of Emotional Intelligence	43
Unit 4	Sustaining Your Motivation	53
Text A	Finding Motivation	55
Text B	You Can Do and Be So Much More than You Think	63
Unit 5	Confronting Failures and Setbacks	71
Text A	The Two Mindsets	73
Text B	Hope: Get Ahead with a Gritty Perspective	82
Unit 6	Beating Your Procrastination	89
Text A	Procrastination Machinations	91
Text B	Coping with Procrastination	98

Unit 7	Dealing with Negative Feelings	111
Text A	Battling Your Anxiety	113
Text B	Must You Feel Angry?	121
Unit 8	Developing a Loving Relationship	129
Text A	The Mystery of Love	131
Text B	Is Love an Art?	138
Unit 9	Pursuing Happiness	147
Text A	What Is Happiness?	149
Text B	What Is Well-being?	158
Unit 10	Exploring the Meaning of Life	169
Text A	The Meaning of Life	171
Text B	Man's Search for Meaning	178