**Psychology further reading**

Are you someone who always likes to have a book ‘on the go’ and wouldn’t mind a few recommendations as to what might be worth reading? Are you applying to study Psychology (or a related subject) at University and want to do some extra reading to beef up your Personal Statement? Are you someone who just enjoys the subject and wants to find out more?

Reading any (or all) of the following books won’t necessarily enhance your chances of getting a better grade in A-level Psychology, but they would take your knowledge and understanding of the subject in general a bit further; they would also be interesting and enjoyable.

**Academic**

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| **Author(s)** | **Book title**  | **Subject matter** |
| Simon Baron-Cohen | *The Essential Difference* | The causes of autism |
| Oliver Burkeman | *The Antidote* | Happiness for people who can’t stand positive thinking  |
| Susan Cain | *Quiet*  | The power of introverts in a world that can’t stop talking |
| David Canter | *Criminal Shadows* | Offender profiling |
| Howard Gardner  | *Frames of Mind* | Multiple intelligence theory |
| Malcolm Gladwell | *Outliers* | The secrets of success |
| Malcolm Gladwell | *The Tipping Point* | Factors that cause ideas to take hold |
| Daniel Goleman | *Emotional Intelligence* | Emotional intelligence theory  |
| Oliver James | *Affluenza* | The effects on mental health of a certain form of capitalism  |
| Stephen Joseph | *What doesn’t kill us* | The new psychology of posttraumatic growth |
| Daniel Kahneman  | *Thinking, fast and slow* | Cognitive biases in our thinking  |
| Steven D. Levitt and Stephen J. Dubner | *Freakonomics*  | Economics applied to social issues |
| Paul Martin  | *Counting Sheep* | Sleep and dreaming |
| Daniel Nettle | *Personality* | The ‘Big 5’ personality dimensions |
| Adrian Raine | *The Anatomy of Violence* | Neurocriminology  |
| Jon Ronson | *The Psychopath Test* | Psychopathy  |
| Lauren Slater | *Opening Skinner’s Box* | The stories behind some of the classic studies in Psychology |
| Richard Wiseman | *Paranormality*  | Why we believe the impossible  |
| Richard Wiseman | *Quirkology*  | Offbeat research in Psychology |
| Richard Wiseman | *Rip it up* | The power of positive action rather than positive thinking |

**Biographical**

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| **Author(s)** | **Book title**  | **Subject matter** |
| Bill Buford | *Among the thugs* | The psychology of crowds |
| Natascha Kampusch | *3,096 days* | Abduction  |
| Luke Jackson  | *Freaks, Geeks & Asperger Syndrome* | What it’s like to be a teenager with Asperger’s Syndrome |
| Alice Jamieson | *Today I’m Alice* | Multiple personality disorder |
| Carol Lee | *To die for* | Anorexia  |
| Oliver Sacks | *The man who mistook his wife for a hat* | Case studies of abnormal behaviour |
| William Styron | *Darkness visible* | Depression  |
| Marcus Trescothick  | *Coming back to me* | Depression  |
| Simon Winchester | *The surgeon of Crowthorne* | Murder, madness and the Oxford English Dictionary  |

**Fiction**

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| **Author(s)** | **Book title**  | **Subject matter** |
| William Boyd | *Brazzaville beach* | Primate studies |
| Jonathan Coe | *The house of sleep* | Sleep abnormalities and obsessions  |
| Fyodor Dostoevsky | *Crime and punishment* | Guilt  |
| Sebastian Faulks | *Human Traces* | The development of psychiatry and psychoanalysis in the late 19th century |
| Nathan Filer | *The Shock of the Fall* | Loss, grief and mental illness |
| John Fowles | *The Collector* | Abduction  |
| Nikolai Gogol | *Diary of a Madman and other stories* | The title story tells the story of a man with schizophrenia from his perspective |
| Mark Haddon | *The curious incident of the dog in the night-time* | A fictional account of a boy on the autistic spectrum  |
| Stephen Kelman  | *Pigeon English*  | Influences on a child growing up in a big city  |
| Ken Kesey | *One flew over the cuckoo’s nest* | About life inside a mental hospital in the USA in the late 1950s/ early 1960s |
| David Lodge | *Thinks...* | A novel with consciousness as its theme |
| Lionel Shriver | *We need to talk about Kevin* | The psychology of high-school killings |
| Rebecca Wait | *The view on the way down* | A family member with depression |
| S J Watson  | *Before I go to sleep*  | Anterograde amnesia  |