



# Psychology: The Adaptive Mind (with InfoTrac)

*James S. Nairne*

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The new edition of James Nairne's highly respected text offers all the content, pedagogy, and visual appeal that professors and students have come to expect from a successful introductory psychology text. The third edition offers a comprehensive look at how psychology works in our everyday lives. This practical, motivating text presents the standard subjects covered in an introductory course, but connects them in a way that adds meaning and consistency to students' study of psychology. How does he do this? By introducing students to the adaptive mind—a theme based on the fact that our thoughts and actions stem from our need to adapt to our surroundings. This unique framework supports practical applications and helps students understand how we use psychology to deal with everyday challenges. Nairne emphasizes the ways particular behaviors, thought processes, and emotions help us solve problems—from memorizing a telephone number to ducking under cover as a building begins to shake to producing a quick physical response in the face of traffic hazards. Beneath the innovative approach, you'll find ample coverage of all the traditional topics around which you build your course.



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