



the british
psychological society
promoting excellence in psychology

ESSENTIAL READING WITHIN PSYCHOLOGY

This list has been put together to give you some examples of psychological texts that will be useful to your learning. Please do not go out and purchase any of these unless you really wish to.

A

- Abbott, A.E., *Flatland*.
- Aronson, E. & Tavris, C., *Mistakes were made (but not by me)*.
- Aronson, E., *The social animal*.

B

- Baddeley, A., *Working memory, thought and action*.
- Billig, M., *Arguing and thinking*.
- Blacking, J., *How musical is man*.
- Bowlby, J., *Attachment*.
- Brantenberg, G., *Daughters of egalita*.

C

- Cajal, R., *Advice for a young investigator*.
- Carkhuff, R.R. & Berenson, B.G., *Beyond counselling and therapy*.
- Carroll, L., *Alice through the looking glass*.
- Carter, R., *Mapping the mind*.
- Chase, W.G., Ericsson, K.A. & Faloon, S., *Acquisition of a memory skill*.
- Collins, J., *Good to great*.
- Cooper, J., Heron, T. & Heward, W., *Applied behavioural analysis*.

D

- Danziger, K., *Naming the mind*.
- Dawkins, R., *The extended phenotype*.
- Dawkins, R., *The selfish gene*.
- Dimen, M., *Sexuality, intimacy, power*.
- Donaldson, M., *Children's minds*.

WIDER READING

F

- Foucault, M., *Madness and civilisation: A history of insanity in the age of reason.*
- Frankl, V., *Man's search for meaning.*
- Freud, S., *The interpretation of dreams.*
- Freud, S., *Civilisation and its discontents.*
- Frith, C., *Making up the mind.*

G

- Goldacre, B., *Bad science.*
- Gould, S., *Wonderful life.*

H

- Haidt, J., *The righteous mind.*
- Harre, R. & Secord, P.F., *The explanation of social behaviour.*
- Harris, J., *The nurture assumption.*
- Hebb, D., *Organisation of behaviour.*
- Heller, J., *Something happened.*
- Henriques, J., *Changing the subject.*
- Howitt, D. & Owusu-Bempah, J., *The racism of psychology: Time for a change.*

J

- Jackson, P., *Life in classrooms.*
- James, W., *The principles of psychology.*
- Jaynes, J., *The origin of consciousness in the breakdown of the bicameral mind.*
- Johnson, M., *Developmental cognitive neuroscience.*
- Johnson-Laird, P., *Mental models.*
- Johnson, P., *The intellectuals.*

K

- Kesey, K., *One flew over the cuckoo's nest.*
- Kohler, W., *The mentality of apes.*
- Knapper, C. & Warr, P., *The perception of people and events.*

L

- Luria, A.R., *The man with a shattered world.*

M

- Marr, .D, *Vision.*
- McGuire, J., *What works: Reducing re-offending – Guidelines from research and practice.*
- Milner, A.D. & Goodale, M.A., *The visual brain in action.*
- Mulholland, N., *The psychology of Harry Potter.*
- Murakami, H., *Hard-boiled wonderland and the end of the world.*

N

- Nobbs, D., *The fall and rise of Reginald Perrin*.

O

- Owen, R., *Facing the storm*.

P

- Pallant, J., *The SPSS survival manual*.
- Panksepp, J., *Affective neuroscience: The foundations of human and animal emotions*.
- Pinker, S., *How the mind works*.
- Pinker, S., *The language instinct*.

R

- Rutter, M., *Genes and behaviour*.

S

- Segal, L., *Out of time: The pleasure and perils of ageing*.
- Semrad, E., *Semrad: The heart of a therapist*.
- Skinner, B.F., *The operational analysis of psychological terms*.
- Skinner, B.F., *The superstition of the pigeon*.
- Skynner, R. & Cleese, J., *Families and how to survive them*.
- Slater, L., *Opening Skinner's box: Great psychology experiments of the twentieth century*.
- Stanovich, K.E., *How to think straight about psychology*.

T

- Tan, S., *The red tree*.
- Triplett, N., *The dynamogenic factors in pacemaking and competition*.

V

- Vygotsky, L., *Mind in society*.

W

- Watson, G., *Beyond happiness: Deepening the dialogue between Buddhism, psychotherapy and the mind sciences*.
- Watzlawick, P., Weakland, J.H. & Fisch, R., *Change: Principles of problem formation and problem resolution*.
- Williams, J., *Pooh and the psychologists*.
- Wittgenstein, L., *Philosophical investigations*.

Y

- Young, M. & Cullen, L., *A good death: Conversations with East Londoners*.

The majority of this list has been compiled from the following website, if you would like to know the reasoning behind why these texts have made the list:

<https://thepsychologist.bps.org.uk/ultimate-psychology-reading-list>