

## 50 Great Myths Of Popular Psychology Personal Site

Explore the key wisdom and figures of psychology's development over 50 books, hundreds of ideas, and a century of time.

This is the first major text designed to help professionals and students evaluate the merits of popular yet controversial practices in clinical psychology, differentiating those that can stand up to the rigors of science from those that cannot. Leading researchers review widely used therapies for alcoholism, infantile autism, ADHD, and posttraumatic stress disorder; herbal remedies for depression and anxiety; suggestive techniques for memory recovery; and self-help models. Other topics covered include issues surrounding psychological expert testimony, the uses of projective assessment techniques, and unanswered questions about dissociative identity disorder. Providing knowledge to guide truly accountable mental health practice, the volume also imparts critical skills for designing and evaluating psychological research programs. It is ideal for use in advanced undergraduate- and graduate-level courses in clinical psychology, psychotherapy, and evidence-based practice.

A research-based guide to debunking commonly misunderstood myths about adolescence Great Myths of Adolescence contains the evidence-based science that debunks the myths and commonly held misconceptions concerning adolescence. The book explores myths related to sex, drugs and self-control, as well as many others. The authors define each myth, identify each myth's prevalence and present the latest and most significant research debunking the myth. The text is grounded in the authors' own research on the prevalence of belief in each myth, from the perspective of college students. Additionally, various pop culture icons that have helped propagate the myths are discussed. Written by noted experts, the book explores a wealth of topics including: The teen brain is fully developed by 18; Greek life has a negative effect on college students academically; significant mood disruptions in adolescence are inevitable; the millennial generation is lazy; and much more. This important resource: Shatters commonly held and topical myths relating to gender, education, technology, sex, crime and more Based in empirical and up-to-date research including the authors' own Links each myth to icons of pop culture who/which have helped propagate them Discusses why myths are harmful and best practices related to the various topics A volume in the popular Great Myths of Psychology series Written for undergraduate students studying psychology modules in Adolescence and developmental psychology, students studying childhood studies and education studies, Great Myths of Adolescence offers an important guide that debunks misconceptions about adolescence behavior. This book also pairs well with another book by two of the authors, Great Myths of Child Development.

Explores commonly-held myths of the brain through the lens of scientific research, backing up claims with studies and other evidence from the literature Looks at enduring myths such as "Do we only use 10% of our brain?", "Pregnant women lose their mind", "Right-brained people are more creative" and many more

50 Great Myths of Popular Psychology uses popular myths as a vehicle for helping students and laypersons to distinguish science from pseudoscience. Uses common myths as a vehicle for exploring how to distinguish factual from fictional claims in popular psychology Explores topics that readers will relate to, but often misunderstand, such as 'opposites attract', 'people use only 10% of their brains', and 'handwriting reveals your personality' Provides a 'mythbusting kit' for evaluating folk psychology claims in everyday life Teaches essential critical thinking skills through detailed discussions of each myth Includes over 200 additional psychological myths for readers to explore Contains an Appendix of useful Web Sites for examining psychological myths Features a postscript of remarkable psychological findings that sound like myths but that are true Engaging and accessible writing style that appeals to students and lay readers alike

Critical Thinking in Psychology and Everyday Life shows how a scientific, critical thinking approach can be effective in addressing psychological questions, and discusses other questions that straddle the boundary between science and non-science. While scientific, critical thinking can be effective in addressing psychological questions, this textbook is a guide for how to separate fact from speculation and true claims from misconceptions and misinformation. Covering a wide range of topics, this book seeks to engage students in a serious search for answers, using what psychologists and other scientists know about how to think effectively.

"Spurious Correlations ... is the most fun you'll ever have with graphs."--Bustle Military intelligence analyst and Harvard Law student Tyler Vigen illustrates the golden rule that "correlation does not equal causation" through hilarious graphs inspired by his viral website. Is there a correlation between Nic Cage films and swimming pool accidents? What about beef consumption and people getting struck by lightning? Absolutely not. But that hasn't stopped millions of people from going to [tylervigen.com](http://tylervigen.com) and asking, "Wait, what?" Vigen has designed software that scours enormous data sets to find unlikely statistical correlations. He began pulling the funniest ones for his website and has since gained millions of views, hundreds of thousands of likes, and tons of media coverage. Subversive and clever, Spurious Correlations is geek humor at its finest, nailing our obsession with data and conspiracy theory.

50 Great Myths of Human Evolution uses common misconceptions to explore basic theory and research in human evolution and strengthen critical thinking skills for lay readers and students. Examines intriguing—yet widely misunderstood—topics, from general ideas about evolution and human origins to the evolution of modern humans and recent trends in the field Describes what fossils, archaeology, and genetics can tell us about human origins Demonstrates the ways in which science adapts and changes over time to incorporate new evidence and better explanations Includes myths such as "Humans lived at the same time as dinosaurs;" "Lucy was so small because she was a child;" "Our ancestors have always made fire;" and "There is a strong relationship between brain size and intelligence" Comprised of stand-alone essays that are perfect for casual reading, as well as footnotes and references that allow readers to delve more deeply into topics

If we want nonscientists and opinion-makers in the press, the lab, and the pulpit to take a fresh look at the relationship between science and religion, Ronald L. Numbers suggests that we must first dispense with the hoary myths that have masqueraded too long as historical truths. Until about the 1970s, the dominant narrative in the history of science had long been that of science triumphant, and science at war with religion. But a new generation of historians both of science and of the church began to examine episodes in the history of science and religion through the values and knowledge of the actors themselves. Now Ronald Numbers has recruited the leading scholars in this new history of science to puncture the myths, from Galileo's incarceration to Darwin's deathbed conversion to Einstein's belief in a personal God who "didn't play dice with the universe." The picture of science and religion at each other's throats persists in mainstream media and scholarly journals, but each chapter in *Galileo Goes to Jail* shows how much we have to gain by seeing beyond the myths.

Tackling a host of myths and prejudices commonly leveled at atheism, this captivating volume bursts with sparkling, eloquent arguments on every page. The authors rebut claims that range from atheism being just another religion to the alleged atrocities committed in its name. An accessible yet scholarly commentary on hot-button issues in the debate over religious belief Teaches critical thinking skills through detailed, rational argument Objectively considers each myth on its merits Includes a history of atheism

and its advocates, an appendix detailing atheist organizations, and an extensive bibliography Explains the differences between atheism and related concepts such as agnosticism and naturalism

How reliable is our intuition? How much should we depend on gut-level instinct rather than rational analysis when we play the stock market, choose a mate, hire an employee, or assess our own abilities? In this engaging and accessible book, David G. Myers shows us that while intuition can provide us with useful—and often amazing—insights, it can also dangerously mislead us. Drawing on recent psychological research, Myers discusses the powers and perils of intuition when: • judges and jurors determine who is telling the truth; • mental health workers predict whether someone is at risk for suicide or crime; • coaches, players, and fans decide who has the hot hand or the hot bat; • personnel directors hire new employees; • psychics claim to be clairvoyant or to have premonitions; • and much more.

50 Great Myths about Religions is an intriguing, informative, and often humorous introduction to some of the longstanding myths that surround religious belief. This engaging book will get its readers thinking about how and why certain myths have arisen, and their continuing influence on our personal and collective view of religion. Offers a lively, informative, and thought-provoking introduction to some of the common misbeliefs surrounding religions Discusses myths about religious belief in general, as well as specific ideas that surround Judaism, Christianity, Islam, atheism, and agnosticism Covers a wide range of myths, from ancient legends such as the Bible forbidding pork being eaten because it causes illness, to modern urban fables, such as Barack Obama being a Muslim Unpacks each myth in turn, explaining why it arose, how it spread, and why the beliefs that stem from it are questionable Includes a fascinating discussion about human nature, and the main characteristics that predispose us to create and circulate myths to begin with Underpinned by a wide knowledge of academic research, it is written by two respected religion scholars and experienced authors

Great Myths of Child Development reveals the latest evidence-based science behind the myths and misconceptions about the developing child. Shatters the most commonly-held child development myths Reveals the science behind such topical issues as twin-telepathy, sex-prediction, and imaginary friends Covers hot-button issues like childhood vaccines, spankings, time-outs, and breastfeeding of older children Features numerous pop culture references and examples drawn from popular TV shows and movies, such as Duck Dynasty, Modern Family and Mad Men Points to a wealth of supplementary resources for interested parents from evidence-based treatments and self-help books to relevant websites

A fascinating look into the myths that continue to shape our understanding and appreciation of Jane Austen. Was Jane Austen the best-selling novelist of her time? Are all her novels romances? Did they depict the traditional world of the aristocracy? Is Austen's writing easy to understand? Well into the 21st century, Jane Austen continues to be one of the most compelling novelists in all English literature. Many of her ideas about class, family, history, intimacy, manners, love, desire, and society, have inspired "myths" that are often contradictory — she was a Tory who was also a liberal feminist, or, her novels are at once sharply satirical and unapologetically romantic. Myths, like Austen's works, are dynamic, changing over time and impacting how we read and

interpret literature. 30 Great Myths about Jane Austen examines the accepted beliefs — both true and untrue — that have most influenced our readings of Austen. Rather than simply de-bunking, or validating, commonly-held views about Austen, authors Claudia L. Johnson and Clara Tuite explore how these myths can be used to engage with the life, work, and reception of Jane Austen. Applying the most up-to-date scholarship to better understand how myths shape our appreciation of Jane Austen, this fascinating volume: Introduces readers to the history of Austen reception, both in academic scholarship and in the general public Examines Jane Austen's life and letters, her historical contexts, her texts, and their afterlives Discusses Austen's influence on the development of literary criticism as a discipline Explores each of Austen's main novels, as well as relatively obscure texts such as Sanditon and The Watsons Offering engaging narrative and original insights, 30 Great Myths about Jane Austen is a must-read for scholars, instructors, and students of English and Romantic literature, as well as general readers with interest in the life and works of Jane Austen.

50 Great Myths of Popular Psychology Shattering Widespread Misconceptions about Human Behavior John Wiley & Sons

Provides students with the tools they need to go from inquiry to understanding.

Psychology: From Inquiry to Understanding, 3/e provides the framework students need to go from inquiry to understanding by continuously modeling the application of the six key principles of scientific thinking. The text teaches students how to test their assumptions, and motivates them to use scientific thinking skills to better understand the field of psychology and the world around them. MyPsychLab is an integral part of the Lilienfeld / Lynn / Namy / Woolf program. Key learning applications include writing assessment, MyPsychLab video series, and simulations. This text is available in a variety of formats - digital and print. Pearson offers its titles on the devices students love through Pearson's MyLab products, CourseSmart, Amazon, and more. Teaching & Learning Experience This program will provide a better teaching and learning experience -- for you and your students. Here's how: Personalize Learning - MyPsychLab is an online homework, tutorial, and assessment program. It helps students prepare for class and instructor gauge individual and class performance.

Improve Critical Thinking - Numbered learning objectives and section summaries help readers build critical thinking and study skills. Engage Students - Visual activities, such as labeling of figures and completion of summary tables, help students review key concepts. Explore Research - "Apply Your Scientific Thinking Skills" questions are tied to outside research assignments. Support Instructors - Support Instructors--A full set of supplements, including MyPsychLab, provides instructors with all the resources and support they need. 0205961673 / 9780205961672 Psychology: From Inquiry to Understanding Plus NEW MyPsychLab with Pearson eText -- Access Card Package Package consists of: 0205206514 / 9780205206513 NEW MyPsychLab with Pearson eText -- Valuepack Access Card 0205959989 / 9780205959983 Psychology: From Inquiry to Understanding

A New York Times Bestseller The leading thinker and most visible public advocate of modern monetary theory -- the freshest and most important idea about economics in decades -- delivers a radically different, bold, new understanding for how to build a just and prosperous society. Stephanie Kelton's brilliant exploration of modern monetary theory (MMT) dramatically changes our understanding of how we can best deal with

crucial issues ranging from poverty and inequality to creating jobs, expanding health care coverage, climate change, and building resilient infrastructure. Any ambitious proposal, however, inevitably runs into the buzz saw of how to find the money to pay for it, rooted in myths about deficits that are hobbling us as a country. Kelton busts through the myths that prevent us from taking action: that the federal government should budget like a household, that deficits will harm the next generation, crowd out private investment, and undermine long-term growth, and that entitlements are propelling us toward a grave fiscal crisis. MMT, as Kelton shows, shifts the terrain from narrow budgetary questions to one of broader economic and social benefits. With its important new ways of understanding money, taxes, and the critical role of deficit spending, MMT redefines how to responsibly use our resources so that we can maximize our potential as a society. MMT gives us the power to imagine a new politics and a new economy and move from a narrative of scarcity to one of opportunity.

There are many misconceptions about human sexuality, and some are so misleading as to be dangerous. Schwartz and Kempner dispel commonly accepted myths and misunderstandings, covering areas from pre-marital sex and sexual diseases to body image.

"One of the best books of its kind in decades." —The Wall Street Journal An epic achievement and a huge delight, the entire history of popular music over the past fifty years refracted through the big genres that have defined and dominated it: rock, R&B, country, punk, hip-hop, dance music, and pop Kelefa Sanneh, one of the essential voices of our time on music and culture, has made a deep study of how popular music unites and divides us, charting the way genres become communities. In *Major Labels*, Sanneh distills a career's worth of knowledge about music and musicians into a brilliant and omnivorous reckoning with popular music—as an art form (actually, a bunch of art forms), as a cultural and economic force, and as a tool that we use to build our identities. He explains the history of slow jams, the genius of Shania Twain, and why rappers are always getting in trouble. Sanneh shows how these genres have been defined by the tension between mainstream and outsider, between authenticity and phoniness, between good and bad, right and wrong. Throughout, race is a powerful touchstone: just as there have always been Black audiences and white audiences, with more or less overlap depending on the moment, there has been Black music and white music, constantly mixing and separating. Sanneh debunks cherished myths, reappraises beloved heroes, and upends familiar ideas of musical greatness, arguing that sometimes, the best popular music isn't transcendent. Songs express our grudges as well as our hopes, and they are motivated by greed as well as idealism; music is a powerful tool for human connection, but also for human antagonism. This is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, *Major Labels* pays in full.

An introduction to the gods and goddesses of ancient Greece.

Explores key topics in psychology, showing how they can be critically examined.

Written in a lively and entertaining style, *Facts and Fictions in Mental Health* examines common conceptions and misconceptions surrounding mental health and its treatment. Each chapter focuses on a misconception and is followed by a discussion of related findings from scientific research. A compilation of the authors' "Facts and Fictions"

columns written for Scientific American Mind, with the addition of six new columns exclusive to this book. Written in a lively and often entertaining style, accessible to both the undergraduate and the interested general reader. Each chapter covers a different "fiction" and allows readers to gain a more balanced and accurate view of important topics in mental health. The six new columns examine myths and misconceptions of considerable interest and relevance to undergraduates in abnormal psychology courses. Introductory material and references are included throughout the book.

Great Myths of Personality teaches critical thinking skills and key concepts of personality psychology through the discussion of popular myths and misconceptions. Provides a thorough look at contemporary myths and misconceptions, such as: Does birth order affect personality? Are personality tests an accurate way to measure personality? Do romantic partners need similar personalities for relationship success? Introduces concepts of personality psychology in an accessible and engaging manner. Focuses on current debates and controversies in the field with references to the latest research and scientific literature.

World Mythology is a compilation of over 50 great myths and epics. Your students will gain an appreciation and understanding of ancient and modern cultures through myths and epics from the Middle East, Greece and Rome, the Far East and Pacific islands, the British Isles, Northern Europe, Africa, and the Americas. An introduction and historical background supplement each myth. Questions at the end of each selection prompt analysis and response.

Great Myths of Aging looks at the generalizations and stereotypes associated with older people and, with a blend of humor and cutting-edge research, dispels those common myths. Reader-friendly structure breaks myths down into categories such as Body, Mind, and Living Contexts; and looks at myths from "Older people lose interest in sex" to "Older people are stingy." Explains the origins of myths and misconceptions about aging. Looks at the unfortunate consequences of anti-aging stereotypes for both the reader and older adults in society.

Understand why you feel and act the way you do. Psychology For Dummies is a fun, user-friendly guide to the basics of human behavior and mental processes. In plain English—and using lots of everyday examples—psychologist Dr. Adam Cash cuts through the jargon to explain what psychology is all about and what it tells you about why you do the things you do. With this book as your guide, you'll: gain profound insights into human nature; understand yourself better; make sense of individual and group behaviors; explore different approaches in psychology; recognize problems in yourself and others; make informed choices when seeking psychological counseling; and much more. Shows you how understanding human psychology can help you make better decisions, avoid things that cause stress, manage your time to a greater degree, and set goals. Helps you make informed choices when seeking psychological counseling. Serves as an invaluable supplement to classroom learning. From Freud to forensics, anorexia to xenophobia, Psychology For Dummies takes you on a fascinating journey of self-discovery.

From lightning-wielding Zeus, the supreme Greek god, to protective Hathor, the Egyptian goddess of love - heroes, gods, and monsters are brought to life in these retellings of myths from around the world. Myths, Legends, and Sacred Stories is a children's book that invites you to explore all the well-known stories from Greek and

Norse mythology, and a range of other cultures across more than 100 tales. Discover the fascinating myths of Anansi, the West African trickster god who takes the form of a spider; the story of the Wawilak Sisters of Arnhem Land in northern Australia, who form the land as they walk across it; or the Slavic tale of Ivan as he chases the mischievous Firebird. Read about ferocious, man-eating monsters such as the Minotaur and Fafnir the dragon, and the legendary heroes that fought them, like Theseus and Sigurd. Also included are the legends of Robin Hood, and of King Arthur and the Knights of the Round Table, epics from Asia, such as the Mahabharata and Gilgamesh, and a host of tales from Aztec mythology and a range of other cultures. As well as offering the retellings themselves, *Myths, Legends, and Sacred Stories*: a visual encyclopedia investigates the meanings of these primal stories, examining why these tales have stood the test of time over thousands of years. Themed features draw together elements that are common to myths from all over the world, such as shapeshifters, mythical beasts, and magical weapons. Panels on modern retellings, such as Percy Jackson and *The Little Mermaid*, help to show why these myths are still relevant to our lives today.

*Great Myths of Education and Learning* reviews the scientific research on a number of widely-held misconceptions pertaining to learning and education, including misconceptions regarding student characteristics, how students learn, and the validity of various methods of assessment. A collection of the most important and influential education myths in one book, with in-depth examinations of each topic Focusing on research evidence regarding how people learn and how we can know if learning has taken place, the book provides a highly comprehensive review of the evidence contradicting each belief Topics covered include student characteristics related to learning, views of how the learning process works, and issues related to teaching techniques and testing

How does a boy from a financially and intellectually impoverished background grow up to become a Harvard researcher, win international acclaim for his groundbreaking work, and catch fire as a pioneering psychologist? As the only person in the history of the American Psychological Association to have won all three of its highest honors—for distinguished research, teaching, and writing—Elliot Aronson is living proof that humans are capable of capturing the power of the situation and conquering the prison of personality. A personal and compelling look into Aronson's profound contributions to the field of social psychology, *Not by Chance Alone* is a lifelong story of human potential and the power of social change.

Demonstrates how the explanatory power of brain scans in particular and neuroscience more generally has been overestimated, arguing that the overzealous application of brain science has undermined notions of free will and responsibility.

Think you know Shakespeare? Think again . . . Was a real skull used in the first performance of *Hamlet*? Were Shakespeare's plays Elizabethan blockbusters? How much do we really know about the playwright's life? And what of his notorious relationship with his wife? Exploring and exploding 30 popular myths about the great playwright, this illuminating new book evaluates all the evidence to show how historical material—or its absence—can be interpreted and misinterpreted, and what this reveals about our own personal investment in the stories we tell.

"This highly engaging landmark work, a natural history of exercise--by the author of the

best seller *The Story of the Human Body*--seeks to answer a fundamental question: were you born to run or rest The first three parts of *Exercised* roughly follow the evolutionary story of human physical activity and inactivity, even as each chapter shatters a particular myth about exercise. Because we cannot understand physical activity without understanding its absence, Part One begins with physical inactivity. What are our bodies doing when we take it easy, including when we sit or sleep? Part Two explores physical activities that require speed, strength, and power, such as sprinting, lifting, and fighting. Part Three surveys physical activities that involve endurance, such as walking, running, or dancing, as well as their effect on aging. Part Four considers how anthropological and evolutionary approaches can help us exercise better in the modern world. How can we more effectively manage to exercise, and in what ways? To what extent, how, and why do different types and durations of exercise help prevent or treat the major diseases that are likely to make us sick and kill us?"--

The updated 2nd edition of this brief introduction to Psychology, is more accessible and ideal for short courses. This is a brief, accessible introductory psychology textbook. The updated 2nd edition of this clear and brief introduction to Psychology is written by the award-winning lecturer and author Richard Griggs. The text is written in an engaging style and presents a selection of carefully chosen core concepts in psychology, providing solid topical coverage without drowning the student in a sea of details.

Uses popular myths as a vehicle for helping students and laypersons to distinguish science from pseudoscience. This book explores topics that readers relate to, but often misunderstand, such as opposites attract, a people use only 10 per cent of their brains, and handwriting reveals your personality.

DR. ASHLEY MONTAGU'S book possesses two great merits rarely found in current discussions of human problems. Where most writers over-simplify, he insists on the principle of multiple and interlocking causation. And where most assume that "facts will speak for themselves," he makes it clear that facts are mere ventriloquists' dummies, and can be made to justify any course of action that appeals to the socially conditioned passions of the individuals concerned. These two truths are sufficiently obvious; but they are seldom recognized, for the good reason that they are very depressing. To recognize the first truth is to recognize the fact that there are no panaceas and that therefore most of the golden promises made by political reformers and revolutionaries are illusory. And to recognize the truth that facts do not speak for themselves, but only as man's socially conditioned passions dictate, is to recognize that our current educational processes can do very little to ameliorate the state of the world. In the language of traditional theology (so much more realistic, in many respects, than the "liberal" philosophies which replaced it), most ignorance is voluntary and depends upon acts of the conscious or subconscious will. Thus, the fallacies underlying the propaganda of racial hatred are not recognized because, as Dr. Montagu points out, most people have a desire to act aggressively, and the members of other ethnic groups are convenient victims, whom one may attack with a good conscience. This desire to act aggressively has its origins in the largely unavoidable frustrations imposed upon the individual by the processes of early education and later adjustments to the social environment. Dr. Montagu might have added that aggressiveness pays a higher dividend in emotional satisfaction than does coöperation. Coöperation may produce a mild emotional glow; but the indulgence of aggressiveness can be the equivalent of a drinking bout or sexual orgy. In our industrial societies, the goodness of life is measured in terms of the number and intensity of the excitements experienced. (Popular philosophy is moulded by, and finds expression in, the advertising pages of popular magazines. Significantly enough, the word that occurs more frequently in those pages than any other is "thrill.") Like sex and alcohol, aggressiveness can give enormous thrills. Under



existing social conditions, it is therefore easy to represent aggressiveness as good. Concerning the remedies for the social diseases he has so penetratingly diagnosed, Dr. Montagu says very little, except that they will have to consist in some process of education. But what process? It is to be hoped that he will answer this question at length in another work.

ALDOUS HUXLEY

Revised and Expanded Edition. In this age of supposed scientific enlightenment, many people still believe in mind reading, past-life regression theory, New Age hokum, and alien abduction. A no-holds-barred assault on popular superstitions and prejudices, with more than 80,000 copies in print, *Why People Believe Weird Things* debunks these nonsensical claims and explores the very human reasons people find otherworldly phenomena, conspiracy theories, and cults so appealing. In an entirely new chapter, "Why Smart People Believe in Weird Things," Michael Shermer takes on science luminaries like physicist Frank Tipler and others, who hide their spiritual beliefs behind the trappings of science. Shermer, science historian and true crusader, also reveals the more dangerous side of such illogical thinking, including Holocaust denial, the recovered-memory movement, the satanic ritual abuse scare, and other modern crazes. *Why People Believe Strange Things* is an eye-opening resource for the most gullible among us and those who want to protect them.

To read this book ... twice if its mythbusting revelations cause you to repress the memory of it."--Michael Shermer, Publisher of *Skeptic* magazine, monthly columnist for *Scientific American*, and author of *Why People Believe Weird Things* "Is it true that psychology is mostly common sense? For anyone who wonders, this amazing book-which effectively discounts 50 pop psychology myths and briefly dismisses 250 more-provides convincing answers. And it does more: it offers fascinating examples of how science works and supports critical thinking. For teachers, students, writers, and anyone who wants to think smarter, this classic-to-be will be a valuable resource and a great read." -David G. Myers, Hope College, author, *Intuition: Its Powers and Perils* "I find each and every chapter excellent and from a teaching point of view, brilliant. The way in which the history of the myths is presented up to the critical but balanced discussion of each myth, is a great achievement. Scott Lilienfeld is well-known for his user-friendly writing style, but in this text he and his co-authors reach a new level. This led to a book which will not only be easily understandable by undergraduate and especially first year students, but also by the general population." -Dap Louw, Head, Centre for Psychology and the Law, University of the Free State.

Greece in the age of Heroes. Patroclus, an awkward young prince, has been exiled to the kingdom of Phthia. Here he is nobody, just another unwanted boy living in the shadow of King Peleus and his golden son, Achilles. Achilles, 'best of all the Greeks', is everything Patroclus is not - strong, beautiful, the child of a goddess - and by all rights their paths should never cross. Yet one day, Achilles takes the shamed prince under his wing and soon their tentative companionship gives way to a steadfast friendship. As they grow into young men skilled in the arts of war and medicine, their bond blossoms into something far deeper - despite the displeasure of Achilles's mother Thetis, a cruel and deathly pale sea goddess with a hatred of mortals. Fate is never far from the heels of Achilles. When word comes that Helen of Sparta has been kidnapped, the men of Greece are called upon to lay siege to Troy in her name. Seduced by the promise of a glorious destiny, Achilles joins their cause, Torn between love and fear for his friend, Patroclus follows Achilles into war, little knowing that the years that follow will test everything they have learned, everything they hold dear. And that, before he is ready, he will be forced to surrender his friend to the hands of Fate. Profoundly moving and breathtakingly original, this rendering of the epic Trojan War is a dazzling feat of the imagination, a devastating love story, and an almighty battle between gods and kings, peace and glory, immortal fame and the human heart.

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