

IBDP Psychology Reading List

Summer 2020

Optional



AMERICAN SCHOOL
OF PARIS

founded 1946

The following are suggestions for reading over the summer, or to support the material covered in class. None of this material is required.

Summer reading before Grade 11

Oliver Sacks, *The Man Who Mistook His Wife For A Hat*. Sacks is one of the most respected scientists and writers in modern Psychology. This is usually considered one of his finest works. In the introduction, he explains why right hemisphere disorders are rarely covered in psychological literature.

Oliver Sacks, *Musophilia*. The first case in the book is a person who is struck by lightning, survives, and develops outstanding musical sensitivity and ability afterwards.

Geoff Rolls, *Classic Case Studies in Psychology*. If you think you know cases like HM, Phineas Gage or Genie, read this. It's surprising how much we don't usually find in traditional Psych textbooks and websites. This is very good summer reading - I call it "Psychology bedtime stories."

Summer reading before Grade 12:

Eric Kandel, [*The Disordered Mind: What Unusual Brains Tell us about Ourselves*](#) (2018)

Michael Pollan, [*How to Change Your Mind: What the New Science of Psychedelics Teaches Us About Consciousness, Dying, Addiction, Depression, and Transcendence*](#) (2018). Pollan was a visiting author at ASP a few years ago.

More challenging reading to support material covered in SL and HL:

Richard Gross, *Key Studies in Psychology*. Gross is a leading authority in Psychology. The 6th edition of this book looks at recent replications of classic studies, such as Zimbardo or Asch. The 7th edition goes into depth on the classic studies themselves, seen in the light of recent research.

Eric Kandel, *The Age of Insight*. Kandel won a Nobel prize in neuroscience, specifically for his discovery of processes related to neuroplasticity. This book is a mix of history, art, literature, and science. His argument is that developments in psychology were related to the blending of multiple disciplines in 1900 Vienna. He also says that recent developments in neuroscience support claims of psychodynamic psychologists from 1900, Freud in particular. So while we often say to stay away from anything

psychodynamic or Freudian, Kandel has a nobel prize in neuroscience. The evidence base for this book is surprising - it's not every day you see works of avant-garde art and brain scans on facing pages!

Adrian Raine: *The Anatomy of Violence: The Biological Roots of Crime*. Raine used brain imaging techniques to study the brains of convicted criminals. He argues that brain function of adults can be vastly different for criminals than for other people. He further argues that the reason for the difference in function has to do partly with genes but also with childhood experiences.

David Sue, Derald Wing Sue, Diane Sue, and Stanley Sue, *Understanding Abnormal Behaviour, 11th edition* (2016). Yes, all four authors have the surname "Sue." To me this text is the best introduction to abnormal behaviour. It is written in an engaging and academic style. The evidence base is on peer reviewed publications, but there are also references to modern culture that help explain the disorders.

Alan Baddeley, Michael Eysenck and Michael Anderson, *Memory (2nd edition)*, 2009. Baddeley is one of the creators of the working memory model, and he has published widely on memory since the 1970s. This book was published in 2009 and includes research up to that time.

More challenging reading to support material covered in HL class:

Anne Masten, *Ordinary Magic: Resilience in Development*, (2014). Each year I spend at least one day looking for new materials on resilience. Masten's book has some of the best reviews, and other recent publications on resilience often reference her.

Melvin Konner, *The Evolution of Childhood* (2010). The chapters on resilience, enculturation, and play were my original reasons to order this book. In the introduction, it explains how "growth" is a very different term from "development," and why growth is often the more appropriate term. Even Piaget, often considered a founder of developmental psychology, was hesitant about the term "development," according to Konner. This is perhaps the most challenging, but also potentially rewarding, reading on the list.