



Essential Biological Psychology

By Jim Barnes

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Biological processes play a central role in psychology. Drawing on the latest research, this clear and concise textbook provides students with a solid grasp of the relationship between mind and behavior, and a detailed understanding of the underlying structure and physiological mechanisms that underpin it. The functions of the nervous system are explained and implications for health are explored. Throughout the book, Barnes encourages students to evaluate essential concepts and theoretical issues.

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Editorial Review

Review

'A highly informative introduction into the most important concepts in biological psychology from cell level to systems level. Covering a wide range of topics including genetics and neural plasticity, this well-structured and accessible text is an excellent starting point for studying processes of the mind and brain' -

Uta Sailer

Senior Lecturer in Psychology, University of Gothenburg, Sweden

'Comprehensive and accessible; this text beautifully marries historical aspects of biopsychology with contemporary advances in neuroscience via a student-centred and readily digestible format. The inclusion of a chapter focussing on the biological basis of behaviour disorders is a much needed and welcomed addition to texts in this field' -

Tim Jones

University of Worcester

'Jim Barnes' book "Essential Biological Psychology" introduces the student to key concepts, theoretical issues and up to date research in a clear and engaging manner. This textbook is easy to follow and brilliantly written and I will be recommending it to students' -

Sandra S nram-Lea

Lancaster University

'The author promises "short easily digestible chapters... a journey around the nervous system". The book succeeds admirably in this aim, and would make an excellent text for a course in Years 1 or 2. I particularly liked the clear descriptions of techniques in neuroscience' -

John Harris

Emeritus Professor of Psychology, University of Reading

'Essential Biological Psychology provides an excellent account of the structure and function of the brain and nervous both as a story about the intrinsic nature of living creatures and as a means of understanding the essential biology of behavior. Chapters 1 to 4 provide a necessary comprehensive basis that is up-to-date yet extremely interesting reading. Veritably, the chapters on "Motor Control and Movement", "Motivation", "Sleep and Biological Rhythms", "Emotions, Stress and Health", "Memory, Learning and Amnesia" and "Biological Basis of Behaviour Disorders" all offer an important text for Biological Psychology courses at several different levels including the Ph.D. level. Throughout, the figures, illustrations and artwork are

impressive and pedagogical' -

Trevor Archer
Göteborg University

About the Author

Jim Barnes is Reader in Psychology at Oxford Brookes University.

Users Review

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Rebecca Burks:

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