



The Psychology of Environmental Problems: Psychology for Sustainability

By Deborah Du Nann Winter, Susan M. Koger, Winter

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A revision of Winter's *Ecological Psychology* (1996), this book applies psychological theory and research to environmental problems.

After outlining current environmental difficulties, the authors demonstrate how 6 major approaches in psychology (social psychological, psychoanalytic, behavioral, physiological, cognitive, and holistic) can be applied to environmental problems.

The authors demonstrate why it is critical to address environmental threats now, and offer ideas on how psychological principles can contribute to building a sustainable culture. Personal examples engage the reader and provide suggestions for changing behavior and political structures.

Reorganized and updated throughout, the second edition features a new chapter on neuropsychological and health issues and a list of key concepts in each chapter. Cartoons and humorous analogies add a light touch to the book's serious message.

Written for psychology and environmental studies students, the book is an excellent teaching tool in courses on environmental, conservation, or ecological issues, found in departments of psychology, sociology, environmental science, and biology. It will also appeal to anyone interested in psychology's potential contributions to mounting ecological difficulties.

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