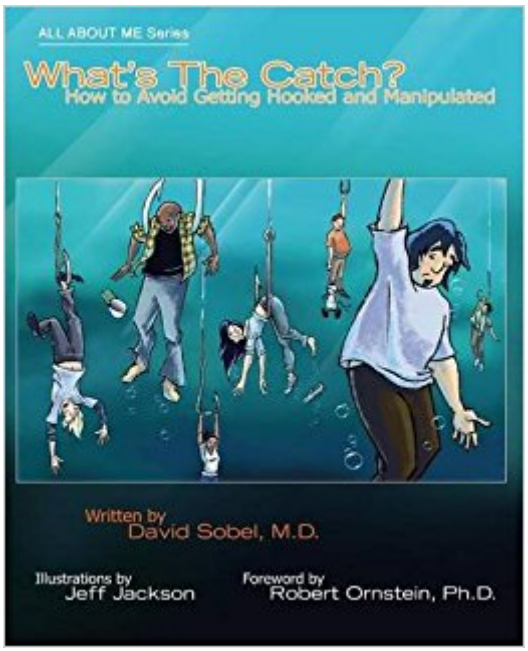
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What's The Catch?: How To Avoid Getting Hooked And Manipulated (All About Me) (Volume 3)



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Synopsis

This book is the third in Hoopoe Book's ALL ABOUT ME series. In it readers will look at how people (from our parents to our peers) and media (from advertising to the internet) try to influence us. In many situations we are influenced to think, feel or behave in ways we might not usually do. Sometimes that influence is helpful, but at other times we end up shortchanged. The book explores situations and examples that will help us become more aware of the forces nudging and pushing us. To get the most of out the book, there are many fun and entertaining activities the reader can do over and over again, and which help us to see more clearly when we being helped or when we are being manipulated, brainwashed and tricked. And readers can learn when and how to protect themselves from unwanted influence. The author, David Sobel, M.D., is a practicing physician and presents ideas that are easy to read and absorb. The book is illustrated by artist Jeff Jackson with a cast of teen characters and images to help highlight these ideas. The All About Me Series from Hoopoe Books presents books to help you understand yourself and how you, as a human being, work. This is fundamental information, but we often forget to teach you about it in school. For example, what psychologists know about how we see, think, and feel. How these abilities work, how they change, grow or get stuck and how reliable they are as we try to make sense of ourselves, our friends, our relatives and the world around us. There is good, solid information readily available and scientifically validated ... and it's all about you ... and me.

Book Information

Series: All About Me (Book 3)

Paperback: 154 pages

Publisher: Hoopoe Books (November 19, 2015)

Language: English

ISBN-10: 194269895X

ISBN-13: 978-1942698951

Product Dimensions: 7.5 x 0.4 x 9.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #5,014,415 in Books (See Top 100 in Books) #70 inÃ Â Books > Teens > Social Issues > Peer Pressure #422 inÃ Â Books > Teens > Education & Reference > Social Science > Psychology #35458 inÃ Â Books > Science & Math > Behavioral Sciences

Customer Reviews

David Sobel, M.D., M.P.H., is a practicing physician and regional Director of Patient Education and Health Promotion for Kaiser Permanente Northern California. He has written seven books, including THE HEALING BRAIN, HEALTHY PLEASURES and MIND & BODY HEALTH HANDBOOK. He is the Director for ISHK Center for Health Sciences.

Useful and important information for our "future consumers", our children.

No one wants to become someone else's tool. "What's the Catch?: How to Avoid Getting Hooked and Manipulated" is a guide for younger readers on how to resist the influences and pressures that lie all around us. Author David Sobel encourages children to understand the reasoning behind their actions and to remember to act for yourself, and avoid being a puppet. With a strong message for readers, "What's the Catch?" is a solid and highly recommended read.

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