Contents

List of Contributors  page xvii
Foreword: Making a Creative Difference = Person × Environment  xx

Salovey, Peter

Preface  xxv

Part I  Introduction

1 What Makes a Psychological Scientist “Eminent”?
Sternberg, Robert J.  3

Part II  Biological Bases of Psychology: Genes, Brain, and Beyond

Section A  Feelings, Fears, Stressors, and Coping  9

2 Feelings and Decisions
Damasio, Antonio  11

3 My Career in Fear
Davis, Michael  16

4 Child Poverty and Brain Development
Farah, Martha J.  20

5 Try It and Assume Nothing
Gazzaniga, Michael S.  24

6 Coming Full Circle: From Psychology to Neuroscience and Back
Ledoux, Joseph  28

7 Hormones, Epigenetics, the Brain, and Behavior
Mcewen, Bruce S.  32
viii Contents

8 Brain Plasticity, Science, and Medicine  
*MERZENICH, MICHAEL*  
37

Section B Cognitive and Social Neuroscience  
43

9 Social Neuroscience  
*CACIOPPO, JOHN T.*  
45

10 Modulating Memory Consolidation  
*MCGAUGH, JAMES L.*  
49

11 Memory Consolidation and Transformation:  
The Hippocampus and Mental Time Travel  
*MOSCOVITCH, MORRIS*  
53

12 Imaging the Human Brain  
*POSNER, MICHAEL I.*  
58

13 Different Mechanisms of Cognitive Flexibility  
Within the Prefrontal Cortex  
*ROBBINS, TREVIN W.*  
62

14 Memory and Brain  
*SQUIRE, LARRY R.*  
66

Section C Behavioral and Molecular Genetics  
71

15 Genes and Behavior: Nature via Nurture  
*BOUCHARD, JR., THOMAS J.*  
73

16 The View from the Center of the Triangle: Psychology,  
Psychiatry, and Genetics  
*GOTTESMAN, IRVING I.*  
77

17 Bringing Genetics into the Mainstream of Psychology  
*PLOMIN, ROBERT*  
82

Part III Cognition: Getting Information from the World  
and Dealing with It

Section A Attention and Perception  
87

18 Gaining Control  
*JONIDES, JOHN*  
89

19 The Essential Dave Meyer: Some Musings on “Scholarly  
Eminence” and Important Scientific Contributions  
*MEYER, DAVID E.*  
93
Contents

20 Just Turn It Over in Your Mind
SHEPARD, ROGER N. 99

21 Attention and Automatism
SHIFFRIN, RICHARD M., AND SCHNEIDER, WALTER 104

22 How the Brain Constructs Objects
TREISMAN, ANNE 108

Section B  Learning and Memory 113

23 Human Memory: A Proposed System and Its Control Processes
ATKINSON, RICHARD C., AND SHIFFRIN, RICHARD M. 115

24 Working Memory
BADDELEY, ALAN 119

25 Emotionally Colored Cognition
OWER, GORDON H. 123

26 Levels of Processing in Human Memory
CRAIK, FERGUS I. M. 128

27 Falling Down the Duck/Rabbit Hole
JOHNSON, MARCIA K. 132

28 Memory Matters
LOFTUS, ELIZABETH F. 136

29 What Do You Know and How Do You Know It?
It’s All in Your Connections
MCCELLAND, JAMES L. 140

30 Serendipity in Research: Origins of the DRM False Memory Paradigm
ROEDIGER, III, HENRY L. 144

31 Memory: Beyond Remembering
SCHACTER, DANIEL L. 148

32 Episodic Memory
TULVING, ENDEL 152

33 What We Learn Depends on What We Are Remembering
WAGNER, ALLAN R. 156
Table of Contents

**Section C Complex Processes**

34 A Unified Theory of Mind
   ANDERSON, JOHN R. 163

35 Multiple Intelligences: Prelude, Theory, and Aftermath
   GARDNER, HOWARD 167

36 Heuristics and Biases
   KAHNEMAN, DANIEL 171

37 Comprehension
   KINTSCH, WALTER 175

38 The Perception of Risk
   SLOVIC, PAUL 179

39 What Does It Mean to Be Intelligent?
   STERNBERG, ROBERT J. 183

---

**Part IV Development: How We Change Over Time**

**Section A Cognitive Development**

40 Building a Unique Network of Scientific Enterprises
   CAREY, SUSAN 189

41 Research on Children’s Recollections: What a Difference
   a Phone Call Made
   CECI, STEPHEN J. 194

42 Development of Children’s Knowledge About the Mind
   FLAVELL, JOHN H. 198

43 Real Representations in Two Dimensions
   GELMAN, ROCHEL 202

44 Language and the Social Brain: The Power
   of Surprise in Science
   KUHL, PATRICIA K. 206

45 The Importance of Developmental Plasticity
   NEWPORT, ELISSA L. 210

46 Levels of Analysis in Cognitive Aging
   SALTHOUSE, TIMOTHY A. 214

47 The Longitudinal Study of Adult Cognitive Development
   SCHAIE, K. WARNER 218
## Contents

### Part V  Motivation and Emotion: How We Feel and What We Do

<table>
<thead>
<tr>
<th>Section A  Motivation</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>58  The Motivation for Creativity</td>
<td>273</td>
</tr>
<tr>
<td>59  Inner Processes Serve Interpersonal Functions</td>
<td>279</td>
</tr>
</tbody>
</table>

### Section B  Social/Personality Development

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>48  How Does Change Occur?</td>
<td>Siegler, Robert S.</td>
<td>223</td>
</tr>
<tr>
<td>49  Cognitive Abilities of Infants</td>
<td>Spelke, Elizabeth</td>
<td>228</td>
</tr>
<tr>
<td>50  The Power of Observational Learning Through Social Modeling</td>
<td>Bandura, Albert</td>
<td>235</td>
</tr>
<tr>
<td>51  Human Development in Evolutionary-Biological Perspective</td>
<td>Belsky, Jay</td>
<td>240</td>
</tr>
<tr>
<td>52  Transitions, Timing, and Texture: A Developmental Psychologist Goes Transdisciplinary</td>
<td>Brooks-Gunn, Jeanne</td>
<td>244</td>
</tr>
<tr>
<td>53  Longitudinal Cohort Research: Sowing, Nurturing, Waiting, Harvesting</td>
<td>Caspi, Avshalom, and Moffitt, Terrie E.</td>
<td>249</td>
</tr>
<tr>
<td>54  A Conceptual and Empirical Bridge</td>
<td>Eisenberg, Nancy</td>
<td>256</td>
</tr>
<tr>
<td>55  Follow the Evidence, Ignore the Words</td>
<td>Kagan, Jerome</td>
<td>260</td>
</tr>
<tr>
<td>56  The Incredible Shrinking Conscious Mind</td>
<td>Nisbett, Richard E.</td>
<td>264</td>
</tr>
<tr>
<td>57  The Scientific Study of Self-Knowledge</td>
<td>Wilson, Timothy D.</td>
<td>268</td>
</tr>
</tbody>
</table>

© in this web service Cambridge University Press  www.cambridge.org
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Author</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>60</td>
<td>Self-Regulation</td>
<td>Carver, Charles S.</td>
<td>283</td>
</tr>
<tr>
<td>61</td>
<td>Intrinsic Motivation: The Inherent Tendency to Be Active</td>
<td>Deci, Edward L.</td>
<td>288</td>
</tr>
<tr>
<td>62</td>
<td>Mindsets: From the Classroom to the Middle East</td>
<td>Dweck, Carol S.</td>
<td>293</td>
</tr>
<tr>
<td>63</td>
<td>Whether You Think You Can, or You Think You Can’t – You’re Right</td>
<td>Furnham, Adrian</td>
<td>297</td>
</tr>
<tr>
<td>64</td>
<td>Promotion and Prevention Motivations</td>
<td>Higgins, E. Tory</td>
<td>301</td>
</tr>
<tr>
<td>65</td>
<td>The Letter to a Friend That Helped Launch a Career</td>
<td>Ross, Lee</td>
<td>306</td>
</tr>
<tr>
<td>66</td>
<td>The Empirical Study of Human Autonomy Using Self-Determination Theory</td>
<td>Ryan, Richard M.</td>
<td>311</td>
</tr>
<tr>
<td>67</td>
<td>Behavioral Self-Regulation: A Little Optimism Goes a Long Way</td>
<td>Scheier, Michael F.</td>
<td>316</td>
</tr>
<tr>
<td>68</td>
<td>The Affective Revolution of the 1980s</td>
<td>Watson, David</td>
<td>320</td>
</tr>
<tr>
<td><strong>Section B</strong></td>
<td>Emotion</td>
<td></td>
<td>325</td>
</tr>
<tr>
<td>69</td>
<td>Human Aggression and Violence</td>
<td>Anderson, Craig A.</td>
<td>327</td>
</tr>
<tr>
<td>70</td>
<td>Research on Automatically Elicited Aggression</td>
<td>Berkowitz, Leonard</td>
<td>332</td>
</tr>
<tr>
<td>71</td>
<td>The Nature of Emotion and the Impact of Affect</td>
<td>Clore, Gerald L.</td>
<td>336</td>
</tr>
<tr>
<td>72</td>
<td>The Rediscovery of Enjoyment</td>
<td>Csikszentmihalyi, Mihaly</td>
<td>341</td>
</tr>
<tr>
<td>73</td>
<td>Happiness Is a Virtue – Good for You and Good for the World!</td>
<td>Diener, Ed</td>
<td>345</td>
</tr>
</tbody>
</table>
Part VI Social and Personality Processes: Who We Are and How We Interact

Section A Social Cognition

74 Doing Good by Doing Good Research
ARONSON, ELLIOT

75 The Incredible Little Shrinking Man in the Head
BARGH, JOHN A.

76 Ethnocentrism and the Optimal Distinctiveness Theory of Social Identity
BREWER, MARILYNN

77 Psychology of Gender: Nature and Nurture Working Together
EAGLY, ALICE S.

78 How Warmth and Competence Inform Your Social Life
FISKE, SUSAN T.

79 Two Routes to Persuasion
PETTY, RICHARD E.

Section B Personal Relationships

80 The “Next One”
BERSCHEID, ELLEN

81 Human Mating Strategies
BUSS, DAVID M.

82 Love and Sex in the Marketplace
HATFIELD, ELAINE

Section C Group and Cultural Processes

83 Theory to Develop a Cooperative, Just, and Peaceful World
DEUTSCH, MORTON

84 The Collective Construction of the Self: Culture, Brain, and Genes
KITAYAMA, SHINOBU

85 The Personal Is Political . . . and Historical and Social and Cultural
MARKUS, HAZEL ROSE
# Table of Contents

## Part VII  Clinical and Health Psychology: Making Lives Better

### Section A  Stress and Coping

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological Stress, Immunity, and Physical Disease</td>
<td>Cohen, Sheldon</td>
<td>419</td>
</tr>
<tr>
<td>A Goldilocks Idea: Not Too Big, Not Too Small, Just Right</td>
<td>Folkman, Susan</td>
<td>424</td>
</tr>
</tbody>
</table>

### Section B  Understanding Mental Disorders

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why Study Autism?</td>
<td>Frith, Uta</td>
<td>431</td>
</tr>
<tr>
<td>Understanding Clinical Depression</td>
<td>Gotlib, Ian H.</td>
<td>435</td>
</tr>
<tr>
<td>A Sociologist Working in Psychiatric Epidemiology Talks to Psychologists: A Career Bridging Fields</td>
<td>Kessler, Ronald C.</td>
<td>440</td>
</tr>
<tr>
<td>Closing the Divide: Psychological Science, Basic and Applied</td>
<td>Lang, Peter J.</td>
<td>445</td>
</tr>
</tbody>
</table>

### Section C  Psychotherapy and Behavior Change

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Development and Evaluation of Psychological Treatments for Anxiety Disorders</td>
<td>Barlow, David H.</td>
<td>453</td>
</tr>
<tr>
<td>Psychosocial Treatment of Children with Severe Aggressive and Antisocial Behavior</td>
<td>Kazdin, Alan E.</td>
<td>457</td>
</tr>
<tr>
<td>Expressive Writing</td>
<td>Pennebaker, James W.</td>
<td>462</td>
</tr>
</tbody>
</table>
# Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>97</td>
<td>Staging: A Revolution in Changing Health Risk Behaviors</td>
<td>466</td>
</tr>
<tr>
<td></td>
<td>Prochaska, James O.</td>
<td></td>
</tr>
<tr>
<td>Section D</td>
<td>Health and Positive Psychology</td>
<td>471</td>
</tr>
<tr>
<td>98</td>
<td>Psychological Origins of Cardiovascular Disease</td>
<td>473</td>
</tr>
<tr>
<td></td>
<td>Matthews, Karen</td>
<td></td>
</tr>
<tr>
<td>99</td>
<td>How Positive Psychology Happened and Where It Is Going</td>
<td>478</td>
</tr>
<tr>
<td></td>
<td>Seligman, Martin</td>
<td></td>
</tr>
<tr>
<td>100</td>
<td>Looking Back and Forward</td>
<td>481</td>
</tr>
<tr>
<td></td>
<td>Taylor, Shelley E.</td>
<td></td>
</tr>
<tr>
<td>Part VIII</td>
<td>Conclusion</td>
<td></td>
</tr>
<tr>
<td>101</td>
<td>Becoming an Eminent Researcher in Psychological Science</td>
<td>487</td>
</tr>
<tr>
<td></td>
<td>Sternberg, Robert J.</td>
<td></td>
</tr>
</tbody>
</table>

*Afterword: Doing Psychology 24×7 and Why It Matters*

<table>
<thead>
<tr>
<th>Author</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cantor, Nancy</td>
<td>493</td>
</tr>
</tbody>
</table>

*Index* 497