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Why Do We Behave the Way We Do?

Where did your personality come from? Why do you have trouble controlling certain behaviors? Since the dawn of recorded history, people have sought explanations for why we behave the way we do. But it's only in recent decades that researchers can finally provide answers.

Join award-winning Duke University Professor Mark Leary, a preeminent force in social psychology and neuroscience education, on a fascinating journey into the complex heart of who you are with *Understanding the Mysteries of Human Behavior*. Using the latest research, these 24 lectures provide powerful insights on the provocative questions so many of us have about the fundamental—and sometimes puzzling—traits and idiosyncrasies of human behavior.

Understanding the Mysteries of Human Behavior

Taught by Professor Mark Leary
DUKE UNIVERSITY

LECTURE TITLES

1. Solving Psychological Mysteries
2. How Did Human Nature Evolve?
3. Where Do People's Personalities Come From?
4. How Can Siblings Be So Different?
5. Why Do People Need Self-Esteem—Or Do They?
6. Why Do We Have Emotions?
7. What Makes People Happy?
8. Why Are So Many People So Stressed Out?
9. Why Do Hurt Feelings Hurt?
10. Why Do We Make Mountains out of Molehills?
11. Why Is Self-Control So Hard?
12. Why Do We Forget?
13. Can Subliminal Messages Affect Behavior?
14. Why Do We Dream?
15. Why Are People So Full of Themselves?
16. Do People Have Psychic Abilities?
17. Why Don't Adolescents Behave like Adults?
18. How Much Do Men and Women Really Differ?
19. Why Do We Care What Others Think of Us?
20. Why Are Prejudice and Conflict So Common?
21. Why Do People Fall In—and Out of—Love?
22. What Makes Relationships Succeed or Fail?
23. Why Do People Blush?
24. A Few Mysteries We Can't Explain Yet

What Will You Learn?

1. Explore the latest theories and research from behavioral sciences to learn why
2. Discover how some behaviors that are difficult to understand today make sense when considering problems our
3. Learn why humans developed a much stronger sense of abstract self-awareness than other animals.
4. Examine how seemingly odd behaviors make perfect sense when viewed through the lens of another culture.
5. Gain insights into central questions about human behavior, like why we fall in love and why we blush.
6. View experiments and case studies that shed light on the mysteries about why we do what we do.

What Does The DVD Format Include?



- DVD INCLUDES:**
- 24 lectures on 4 DVDs
 - 215-page printed course guidebook
 - Does not include free video streaming

What Does The Course Guidebook Include?



- COURSE GUIDEBOOK DETAILS:**
- 215-page course synopsis
 - Photos & illustrations
 - Suggested readings
 - Questions to consider

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