TEN-SECOND PSYCHOLOGY 趣味心理學原來是神隊友:

10 秒鐘人生助攻教室

An engaging cartoon-style guide to everyday psychology that introduces readers to 27 psychological concepts at work in their daily lives.

From the broken window theory to non-violent communication, author Yan uses colorful comic-book art to explain 27 psychological concepts that impact our daily lives. Each concept is introduced via a cartoon scenario from everyday life, and further explored with easy-to-follow text explanations that make mastering complex ideas seem effortless.

The concepts covered are grouped under the general headings of "School and Work", "Daily Life", and "Interpersonal Relationships". Whether you're receiving mixed signals from superiors at work, or struggling to resist impulse purchases, you'll find the help you need in *Ten-Second Psychology*.

With Yan's trademark of useful knowledge packaged in a colorful and entertaining format, *Ten-Second Psychology* is excellent leisure reading for the intellectually curious, and an effective tool for quickly mastering new ideas. It is bound to be a hit with readers interested in how psychology impacts our daily lives, and any reader who appreciate books that blend text and imagery to facilitate better comprehension and reading pleasure.

Yan 10 秒鐘教室

Visual creator Yan is a master at breaking down difficult concepts and explaining them in an easily-digested cartoon format. In 2017 he began his *Ten-Second Classroom* series in which he helps readers tackle difficult subjects. His previous publications include *Ten-Second Psychology* and *Things They Didn't Teach in Biology Class*.



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