

# **PRACTICAL PSYCHOLOGY**

**Information and Advice**

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annotated by

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**NAN'UN-DO**

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## TO TEACHERS AND STUDENTS

*Practical Psychology* is a hybrid textbook in a variety of ways. It started out as a standard (though, I like to think, of an exemplarily high degree) reading and translation text for mandatory university English classes, the kind usually taught by Japanese teachers of English. But along the way I realized that the information and ideas the book deals with are the very topics that we most like to discuss and debate (when we're not boasting about our body-fat percentage or complaining about the new consumption tax, that is) in pubs, coffee shops, around the family dinner table, in the break room at the office, in our dorm rooms: how, essentially, to become a happier, more productive, less anxious, all-round better and nicer person. So I changed the book's scale and scope a little and made it useful not only for reading/translation courses but also for active communication and comprehensive skill-building lessons, the kind usually taught by foreign instructors.

But then, a question came up: what about vocabulary notes? In standard reading texts, important words, phrases, concepts, and proper nouns are explained in Japanese at the end of the reading. Communication texts are, on the other hand, necessarily "all-English." Indeed, if a text does have Japanese in it, most foreign instructors won't use it. So what I've done is to compromise and move Professor Nagamoto's annotations (and they are excellent and very thorough, by the way) to the Teacher's Manual, where, if Japanese teachers so choose, they can be copied and handed out to students. And, if the need arises, or if such notes fit into the teaching style, where foreign teachers might take advantage of them as well.

*Practical Psychology* is also a hybrid in that it can be used for classes of all levels. Take everything nice and slow, go over everything very carefully (and forgo the final listening challenge, which is just that, though very informative and fun, too), and it's fine for lower-and intermediate-level students. Speed up a bit, read students the final listening challenge, initiate pair, group, or class discussions (which should grow naturally out of the topics, things, as I mentioned above, that we all can't stop talking about), and higher-level learners should have a great time, too.

And *Practical Psychology* is a hybrid in one final sense: on the one hand it's a self-help book of sorts, with advice from psychologists, sociologists, writers, philosophers, and other experts and sages that can be put to practical use in our everyday lives. On the other hand, *Practical Psychology* is "academic" in that it is filled with information and ideas based on the latest research in "cognitive science," making it ideal for psychology, sociology, and even philosophy majors. Also, I have mixed in lots of direct quotes from magazines, journals, newspapers, and lectures that will expose students to a variety of writing and speaking styles. (Any teacher or student who is interested in digging further into a topic or checking something out can simply Google the name of the person, study, university, or periodical referred to.)

The conventional way to close a preface like this is to say, "I hope you enjoy using this text as much as I enjoyed writing it." That's just what I was going to say.

## 序文

本書は Jim Knudsen 氏の書き下ろしによる大学のリーディング教材です。特に今回は、政治、経済、歴史、法律といった社会科学的なテーマではなく、現代人および現代社会が抱える心的問題に焦点を当てています。そうした問題をさまざまな事例を切り口にしながら、多面的な視点から論じているのが特徴です。まさに各 READING 内容を読み進めていくうちに、挫折感や心の悩み多き現代人が学ぶべき指針が得られると言っても過言ではないでしょう。

もちろん、英語のテキストなので、この点においても多面的な角度から、英語の総合力が養われる仕組みになっています。例えば、各 Lesson とも READING 内容の正確な理解を期するため、内容把握問題、語彙問題、ライティング問題、リスニング問題で構成されており、しかも、それらが READING の前後に配置されています。とりわけ、前後で試される KEY WORDS と WORD STUDY、並びに読後の理解を試すための段階的な READING COMPREHENSION は、本文の広くて深い理解を可能にしてくれます。本書を通じて、現代社会が直面する心の問題に触れると同時に、読解・語彙・ライティング・リスニングなどの英語力を構成する柱を太くしていきましょう。尚、各 Lesson の冒頭に紹介されている名言・格言も、楽しくて有益な教養になるでしょう。

ここで著者の紹介をさせていただきます。Knudsen 氏はシアトル（アメリカ）に生まれ、ワシントン大学を卒業後、イギリスのサセックス大学で 20 世紀英文学の修士号を取得しました。日本滞在は 40 年以上におよび、その間さまざまな教育的視点から、大学生の英語力向上のためのテキストを数多く著してきました。国際政治や近現代史といった大きなテーマから、若者文化、女性問題、スポーツといったごく日常的な話題に至るまで、幅広い角度から現代社会を斬るという博学的な知識を常に窺わせてくれます。

最後になりましたが、本書の刊行にあたり、南雲堂編集部の加藤敦氏には、たいへんなご尽力を賜りました。ここに改めて謝意を記させていただきます。

2013 年 去る夏を惜しみつつ

永本 義弘

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### THOUGHT FOR THE DAY:

*“My advice is to never do tomorrow what you can do today. Procrastination is the thief of time.”*

*Charles Dickens, British novelist*

### **READING PREVIEW 1: THINKING AHEAD:** Read these sentences. Circle T if you think the sentence is true, F if you think it is false. The correct answers are in Today’s Reading.

- [ T / F ] Most people who do things at the last minute are really “perfectionists” who seldom make mistakes.
- [ T / F ] If we want to achieve our goals, we should never tell others what our goals are.
- [ T / F ] We still need “willpower” to achieve our goals.

### **READING PREVIEW 2: KEY WORDS:** Fill in the blank in each sentence-definition below with one of these key words from Today’s Reading.

<b>chronic</b>	<b>motivation</b>	<b>nuisance</b>	<b>perspective</b>
<b>pledge</b>	<b>regret</b>	<b>resist</b>	<b>transition</b>

- A \_\_\_\_\_ is a feeling of wishing you had or had not done something.
- Your \_\_\_\_\_ is your opinion or point of view on some issue.
- When you \_\_\_\_\_ to give money to charity, you make a promise to do it.
- A \_\_\_\_\_ pain is one that won’t stop or go away.
- A person who is a social \_\_\_\_\_ really bothers other people.
- When you \_\_\_\_\_ eating something that is not good for you, you are strong enough to just say “no” to it.
- Your \_\_\_\_\_ for studying hard is your reason for doing so.
- When your life is in \_\_\_\_\_, you are making a big change.



- [1] Janus, the Roman god of beginnings and **transitions**, had two faces, one looking to the past, the other to the future. Each new year, Romans prayed to Janus and “resolved” to become better people, and thus began the custom of making New Year’s resolutions. According to *Time*, 48 percent of Americans make resolutions on January 1. They **pledge** to lose weight, quit smoking, and exercise more—the top three vows 5 in that order. While 65 percent keep their resolutions for at least part of the year, “35 percent never even make it out of the gate,” says *Time*. The same holds true in the U.K. A University of Bristol study found that 88 percent of Britons who make resolutions admit that they give up before they even get started.
- [2] Why do we so often fail to keep our resolutions and meet our goals? The main 10 culprit appears to be procrastination, which the dictionary defines as “delaying doing something, especially out of habitual laziness or carelessness.” Most of us put off doing things at some point: neurological research suggests that procrastination may even be “hardwired” into the human brain. But Professor Joseph Ferrari, author of *Still Procrastinating? The No **Regrets** Guide to Getting it Done*, has found that 20 percent 15 of us are “**chronic** procrastinators.” For those of us in this category, the news is not good. Statistics show that we are overwhelmingly less wealthy, healthy, and happy than those who don’t delay. Our constant delaying dooms us to a life of regret, shame, and lowered self-esteem. Our behavior also makes us a social **nuisance**, inconveniencing and annoying everyone around us. “But I’m just a perfectionist who works best under 20 the pressure of time,” we like to kid ourselves. Wrong! We procrastinators, even when we do manage to get something done, almost never get it right.
- [3] So, if you are a chronic “putter-offer,” or if you just want to keep your New Year’s resolutions, what do you do? The key, says Dr. Ferrari, is to make your goals public. Tell others what you intend to do. “When you keep resolutions to yourself, no 25 one is going to check up on you.” Some researchers say that it can also help to change your **perspective**. “When people perceive change from an outside observer’s point of view,” says Cornell University psychology Professor Thomas Gilovich, they “get satisfaction from their efforts, which gives them more **motivation** to keep working toward a goal.” But, says Dr. Piers Steel, University of Calgary professor and author 30 of *The Procrastination Equation*, old-fashioned willpower may be our best tool for overcoming procrastination after all. “The old saying is true: ‘Whether you believe you can or believe you can’t, you’re probably right.’ As you get better at self-control, your expectancy about whether you can **resist** the temptation to delay goes up and improves your ability to resist,” says Dr. Steel. 35





**COMPREHENSION 1: READING FOR DETAILS:** Write the requested information on the lines below.

1. where the Roman god Janus's two faces looked

---

2. percentage of Britons who don't keep their resolutions

---

3. what statistics show about "chronic" procrastinators

---

4. what procrastinators say they work best under

---

5. the name of Dr. Piers Steel's book

---



**COMPREHENSION 2: READING BETWEEN THE LINES:** Complete each sentence below with the correct choice.

1. For Americans, the most common resolution is to

- (A) quit smoking.
- (B) lose weight.
- (C) be a better person.

2. It is implied that procrastinators

- (A) are actually perfectionists who want to get it right.
- (B) make a lot of mistakes by delaying work.
- (C) never get anything done at all.

3. Thomas Gilovich's main idea is that

- (A) sharing our goals with others helps us to achieve them.
- (B) only weak people fail to keep their resolutions.
- (C) we need to judge our progress more objectively.



**WORD STUDY 1: WORD FORMS:** Fill in the blank in each sentence below with the correct form of one of the Key Words on page 1.

1. Mr. Oliver always \_\_\_\_\_ some of his salary to the poor.
2. I have trouble \_\_\_\_\_ desserts. I have a sweet tooth.
3. My husband is \_\_\_\_\_ ill. He always has some health problem.
4. It was a \_\_\_\_\_ mistake. I'm very sorry.
5. Filling out all these forms is a real \_\_\_\_\_.
6. From my \_\_\_\_\_, the prime minister is dangerous.
7. Mr. Marx is serving as a \_\_\_\_\_ CEO until we can find a permanent one.
8. I'm feeling really \_\_\_\_\_. Let's get started right now.



**WORD STUDY 2: WRITING WITH IDIOMS:** Rewrite the sentences below by substituting one of these phrases for the underlined part of each sentence. Make the necessary changes. Listen to check your answers.



**(be) doomed to**

**out of**

**put off**

1. Mrs. Lane helped me because she is so kind. [Hint: use “kindness.”]

---

2. Let’s wait until tomorrow to do it.

---

3. With that attitude, you will surely fail. [Hint: use “failure.”]

---



**CHALLENGE 1: MAKING CONVERSATION:** First, listen to the questions and write what you hear on the lines below. Then choose the best response to each question.



1. \_\_\_\_\_ ?

- (A) I’m sticking to it so far.
- (B) Only once a week.
- (C) I haven’t made any resolutions yet.

2. \_\_\_\_\_ ?

- (A) I’m a perfectionist.
- (B) I was just about to do it.
- (C) Could you repeat the question?

3. \_\_\_\_\_ ?

- (A) May I have the recipe?
- (B) Actually, chocolate cake is much more delicious.
- (C) No thanks. One piece is enough for me.



**CHALLENGE 2: LISTENING:** Listen to the short talk and read the sentences below. Circle T if the sentence is true, F if it is false.



1. [ T / F ] The self-help book is entitled *The Art of Doing*.
2. [ T / F ] Self-awareness is the ability to look at ourselves carefully and honestly.
3. [ T / F ] Superachievers have strong opinions and never question or change them.
4. [ T / F ] Friends get in the way of superachievers.
5. [ T / F ] Superachievers have the humility to listen to and take others’ advice.