

## **Social Psychology 3rd Edition Gilovich Ebook**

*Learn how to understand, predict and influence the way people act*

*Comparison of objects, events, and situations is integral to judgment; comparisons of the self with other people comprise one of the building blocks of human conduct and experience. After four decades of research, the topic of social comparison is more popular than ever. In this timely handbook a distinguished roster of researchers and theoreticians describe where the field has been since its development in the early 1950s and where it is likely to go next.*

*Thoroughly revised and updated, this third edition offers a comprehensive and up-to-date overview of the social psychology of aggression, covering all the relevant major theories, individual differences, situational factors, and applied contexts. Understanding the causes, forms, and consequences of aggression and violence is critical for dealing with these harmful forms of social behavior. Addressing a range of sub-topics, the first section deals with the definition and measurement of aggression, presents major theories, examines the development of aggression and discusses individual and gender differences in aggressive behaviour. It covers the role of situational factors in eliciting aggression and the impact of exposure to violence in the media. The second section examines specific forms and manifestations of aggression, including chapters on aggression in everyday contexts and in the family, sexual aggression, intergroup aggression, and terrorism. The new edition also includes additional coverage of gender differences, gun violence, and terrorism, to reflect the latest research developments in the field. Also featuring sections discussing strategies for reducing and preventing aggression, this is essential reading for students and researchers in psychology and related disciplines, as well as practitioners such as policy makers.*

*Formally, the law purports to be based solely in reasoned analysis, devoid of ideological bias or unconscious influences. Judges claim to act as umpires applying the rules, not making them. As most legal scholars understand, however, the impression that the legal system projects is largely an illusion. Over the last decade or so, political scientists and legal academics have begun studying the linkages between ideologies, on one hand, and legal principles and policy outcomes on the other. This book is the first to bring many of the world's experts on those topics together to examine the sometimes unsettling interactions between psychology, ideology, and law.*

*Social Psychology (Fifth Edition)*

*Fifth International Student Edition*

*Social Psychology*

*Handbook of Social Comparison*

*Techniques of Social Influence*

*The Social Psychology of Aggression*

The best-selling Clinical Psychology: Science, Practice, and Diversity presents an inclusive and culturally competent view of the clinical psychology. Through lively examples, robust scholarship, and a highly readable narrative, award-winning author Andrew Pomerantz explores the key topics of clinical assessment, psychotherapy, and ethical and professional issues while also incorporating discussions of current controversies and specialized topics. The Fifth Edition includes a new career-focused feature, original vignettes on ethical issues, and updates reflecting the latest research findings in the field. INSTRUCTORS: Clinical Psychology is accompanied by SAGE edge online resources, including In My Practice whiteboard videos. These original videos breathe life into concepts via stories from the author's own experience as a practicing clinician. Watch a sample video below!

Positive Psychology: A Workbook for Personal Growth and Well-Being offers students a wealth of different activities to make positive psychology come alive. Based on scientific, psychological research that supports learning, activities include self-reflection, interviews with the reader's family and friends. The workbook can be used with William C. Compton and Edward Hoffman's Psychology: The Science of Happiness and Flourishing, Third Edition or as a supplement to other core texts. INSTRUCTORS: Buy Positive Psychology: A Workbook for Personal Growth and Well-Being with the core text by the same authors, Positive Psychology: The Science of Happiness and Flourishing, Third Edition, for only \$5 more! Bundle ISBN: 978-1-5443-7019-4

Within a few short years, research on counterfactual thinking has mushroomed, establishing itself as one of the signature domains of social psychology. Counterfactuals are thoughts of what might have been, of possible past outcomes that could have taken place. Their implications for perceptions of time and causality have long fascinated philosophers, but only recently have social psychologists made them the focus of empirical inquiry. Following the publication of Kahneman and Tversky's seminal 1982 paper, a burgeoning literature has implicated counterfactual thinking in such diverse judgments as causation, blame, prediction, and suspicion; in such emotional states as regret, elation, disappointment and sympathy; and also in achievement, coping, and intergroup bias. But how do such thoughts operate? What are the mechanisms underlying their operation? How do their consequences benefit, or harm, the individual? When is the operation spontaneous and when is it strategic? This volume explores these and other numerous issues by assembling contributions from leading researchers in this rapidly expanding subfield of social psychology. Each chapter provides an in-depth exploration of a particular facet of counterfactual thinking, reviewing previous work, describing ongoing, cutting-edge research, and offering novel theories and synthesis. As the first edited volume to bring together the many threads of research and theory on counterfactual thinking, this book promises to be a source of insight and inspiration for years to come.

How does the situation we're in influence the way we behave and think? Professors Ross and Nisbett eloquently argue that the situation we're in substantially affects our behavior in this timely reissue of one of social psychology's classic textbooks. With a new introduction by Malcolm Gladwell, author of The Tipping Point.

*The psychology of gaining compliance*

*How We Know What Isn't So*

*Fourth International Student Edition*

*Individuals, Interaction, and Inequality*

*The Science of Everyday Life*

## Multicultural Psychology

*Written by four active researchers who represent the breadth and depth of the field, this text encourages students to become scientific thinkers, apply what they learn, and have fun in the hottest field in psychology. Social Psychology, Third Edition, delivers both the inspiration and the confidence students need to understand the importance and relevance of social psychology. An enhanced eBook that is free with the text offers embedded interactive study exercises and online labs that engage students in the process of scientific inquiry.*

*Multicultural Psychology introduces students to the myriad ways in which multicultural issues affect our understanding of, and research in, a wide range of domains including biological, developmental, social, and clinical psychological science. It provides in-depth coverage of the largest groups of color in the United States: African Americans, Latinx Americans, Asian Pacific Americans, and Native Americans. Students will gain an understanding of how race, ethnicity, and culture shape their own behavior, beliefs, interactions, and expectations, and those of the people around them. New to this edition: -New chapters on Clinical Psychology and Racial/Ethnic Identity and Acculturation -Greater focus on study of intersectional identities -Incorporates up-to-date research from a rapidly growing literature -Expanded coverage of qualitative research methods -Information about supplemental blog and video resources -Companion Website where students will find review questions and resource links, and instructors will find PowerPoint slides and discussion questions*

*First published in 1935, The Handbook of Social Psychology was the first major reference work to cover the field of social psychology. The field has since evolved and expanded tremendously, and in each subsequent edition, The Handbook of Social Psychology is still the foremost reference that academics, researchers, and graduate students in psychology turn to for the most current, well-researched, and thorough information covering the field of social psychology. This volume of the Fifth Edition covers the science of social psychology and the social being.*

*Using an engaging narrative, this textbook demonstrates how social processes are inherently interconnected by uniquely applying underlying and unifying principles throughout the text. With its comprehensive coverage of classic and contemporary research—illustrated with real-world examples from many disciplines, including medicine, law, and education—Social Psychology 4th Edition connects theory and application, providing undergraduate students with a deeper and more holistic understanding of the factors that influence social behaviors. New to the 4th Edition: Each chapter now features 1-2 "culture" boxes, focusing on cross-cultural research on social psychological phenomena. Each chapter now features 1-2 "hot topic" boxes, where we highlight cutting edge and emerging findings. Many references updated throughout, with over 700 new references. A more comprehensive and user-friendly set of online supplementary resources will accompany the new edition. New co-author Heather Claypool of Miami University of Ohio.*

*Then A Miracle Occurs*

*The State of the Science*

*Approaches, Practices, and Evaluations*

*Everyday Conceptions of Emotion*

*Lessons from the Life-Changing Science of Behavioral Economics*

*The Wisest One in the Room*

This is designed to be a clear and readable introduction to social psychology for A-level students, for those studying psychology as a subject, for those taking other applied courses, and for those requiring an overview of the major concerns and issues in this subject.; The book aims to integrate traditional material, such as conformity, attitudes and prejudice, with some of the more recent insights into social life, such as the study of social discourse, relationships, social identity and social representations. This work also incorporates themes and concerns which have emerged in contemporary psychology, including problems of ethnocentrism and identity, ethical issues, and the challenges to conventional methodology represented by recent areas of research.

"Two prominent social psychologists, specializing in the study of human behavior, provide insight into why we trust the people we do and how to use that knowledge in understanding and influencing people in our own lives," --NoveList.

Social Psychology takes a sociological approach to the study of the individual in relationship to society. It's main purpose is to highlight how social psychology provides varied, yet inter-related, explanations for individuals' experiences in groups. The text tells the story of how these dynamics unfold, beginning with the central social characteristics of the individual, to processes of perception and of interaction. In the telling of this story, it also notes some of the interesting cross-cultural comparisons in regard to these dynamics.

A critical thinking approach emphasizing science and applications An award-winning author team challenges students to think critically about concepts, controversies, and applications of social psychology using abundant tools, both in text and online. (NEW) infographics examine important topics like social class, social media effects, and research methodology. InQuizitive online assessment reinforces fundamental concepts and PowerPoints, test questions, and (NEW) Concept Videos, will help you create the best course materials in the shortest amount of time. Note that this version of the ebook does not include access to any media or print supplements that are sold packaged with the printed book. Consumption and Well-Being in the Material World

An Introduction to the Psychology, Anthropology and Linguistics of Emotion

Positive Psychology: A Workbook for Personal Growth and Well-Being

Parent Child Excursions

3rd Edition

Why Smart People Make Big Money Mistakes and How to Correct Them

**An accessible and comprehensive history of terrorism from ancient times to the present In the years since 9/11, there has been a massive surge in interest surrounding the study of terrorism. This volume applies distinguished military historian John Lynn's lifetime of research and teaching experience to this difficult topic. As a form of violence that implies the threat of future violence, terrorism breeds insecurity, vulnerability, and a desire for retribution that has far-reaching consequences. Lynn distinguishes between the paralyzing effect of fear and the potentially dangerous and chaotic effects of moral outrage and righteous retaliation guiding counterterrorism efforts. In this accessible and comprehensive text, Lynn traces the evolution of terrorism over time, exposing its constants and contrasts. In doing so, he contextualizes this violence and argues that a knowledge of the history and nature of terrorism can temper its psychological effects, and can help us more accurately and carefully assess threats as well as develop informed and measured responses.**

**Written by four award-winning teachers and researchers who represent the breadth and depth of the field, Social Psychology , fourth edition, encourages students to become critical thinkers about the research, theories and applications of social psychology. The new formative, adaptive learning tool, InQuizitive, keeps students learning and interacting with content in a variety of ways to improve student comprehension.**

**Crime Prevention: Approaches, Practices, and Evaluations, 9th Edition, meets the needs of students and instructors for engaging, evidence-based, impartial coverage of the origins of crime, as well as of public policy that can reduce or prevent deviance. The book examines a range of approaches to preventing crime and elucidates their respective goals. Strategies include primary prevention measures designed to prevent conditions that foster deviance; secondary prevention measures directed toward persons or conditions with a high potential for deviance; and tertiary prevention measures to deal with persons who have already committed crimes. This edition provides research and information on all aspects of crime prevention, including the physical environment and crime, neighborhood crime prevention programs, community policing, crime in schools, and electronic monitoring and home confinement. Lab offers a thorough and well-rounded discussion of the many sides of the crime**

prevention debate, in clear and accessible language.

Chapters in this volume review key issues in the study of social psychology, with contributions from some of the world's leading social and personality psychologists

**Heuristics and Biases**

**How it Shapes the Brain, Opens the Imagination, and Invigorates the Soul**

**Focusing on Behavior in Social Psychological Theory and Research**

**Handbook of Social Psychology, Volume 1**

**Third Edition**

**Play**

**This fully revised and updated edition of Social Psychology is an engaging exploration of the question, "what makes us who we are?" presented in a new, streamlined fashion. Grounded in the latest research, Social Psychology explains the methods by which social psychologists investigate human behavior in a social context and the theoretical perspectives that ground the discipline. Each chapter is designed to be a self-contained unit for ease of use in any classroom. This edition features new boxes providing research updates and "test yourself " opportunities, a focus on critical thinking skills, and an increased emphasis on diverse populations and their experiences.**

**In Everyday Conceptions of Emotion, prominent anthropologists, linguists and psychologists come together for the first time to discuss how emotions are conceptualised by people of different cultures and ages, speaking different languages. Anger, fear, jealousy and emotion itself are concepts that are bound up with the English language, embedded in a way of thinking, acting and speaking. At the same time, the metaphors underlying such concepts are often similar across languages, and children of different cultures follow common developmental pathways. The book thus discusses the interplay of social and cultural factors that humans share in their development of an understanding of the affective side of their lives. For researchers interested in emotion, development of concepts and language, cultural and linguistic influences on psychological processes.**

**This book, first published in 2002, compiles psychologists' best attempts to answer important questions about intuitive judgment.**

**This award-winning text invites students to discover social psychology's relevance to their lives. Authors Thomas Heinzen and Wind Goodfriend capture student interest by weaving stories drawn from their own personal experiences with compelling examples from everyday life, all carefully placed in historical context. Social psychology is presented as an evolving, science-driven conversation; chapters build on core questions central to scientific inquiry, while a methods-in-context approach cultivates psychological literacy. The Second Edition has been thoroughly updated with new pop culture examples, additional diversity coverage, recent controversies related to the Zimbardo and Milgram studies, and over a hundred new citations from the latest research. This title is accompanied by a complete teaching and learning package. Contact your SAGE representative to request a demo. Digital Option / Courseware SAGE Vantage is an intuitive digital platform that delivers this text's content and course materials in a learning experience that offers auto-graded assignments and interactive multimedia tools, all carefully designed to ignite student engagement and drive critical thinking. Built with you and your students in mind, it offers simple course set-up and enables students to better prepare for class. Learn more. Assignable Video with Assessment Assignable video (available with SAGE Vantage) is tied to learning objectives and curated exclusively for this text to bring concepts to life. Watch a sample video on false memories. Assignable Self-Assessments Assignable and interactive self-assessments (available with SAGE Vantage) help students experience social psychology in a deeper, more memorable way that reinforces learning. LMS Cartridge: Import this title's instructor resources into your school's learning management system (LMS) and save time. Don't use an LMS? You can still access all of the same online resources for this title via the password-protected Instructor Resource Site. Learn more. Also of Interest Case Studies for Teaching Social Psychology, Second Edition, also by Heinzen and Goodfriend, uses brief, entertaining real-world stories to illustrate the historical context and evolution of major theories within the field of social psychology. Bundle Case Studies for Teaching Social Psychology, Second Edition with Social Psychology, Second Edition for even more savings.**

**How You Can Benefit from Social Psychology's Most Powerful Insights**

**The Psychology of Attitudes and Attitude Change**

**The Psychology of Intuitive Judgment**

**Clinical Psychology**

**The Person and the Situation**

Written for parents, clinicians, and educators, Parent Child Excursions is a practical book about helping children with ADHD, anxiety, and autism. In this unique approach, Dr. Dan presents ADHD as a problem with stopping, anxiety as a problem with going, and autism as difficulty balancing these competing tendencies. From the introduction: "This book is quite simply a story of red light and green light, braking and accelerating, holding back and forging ahead." Based on this simple formulation, management of problems with self-control depends on finding the right balance between excitation and inhibition. These five Excursions present entirely new ways to think about caring for "different drummer" children. Readers will discover an unprecedented level of detail. Based on scientific research and years of clinical experience, Dr. Dan takes you for a deep dive into: (1) effective medication for ADHD, (2) exposure therapy for anxiety, (3) combined therapies for coexisting ADHD, anxiety, and autism, and (4) social engineering for autism. The book concludes with an in-depth discussion of (5) autism, sexuality, and gender variation, cowritten by Dr. Dan and his son Dr. Aaron Shapiro. As with his first book, Parent Child Journey: An Individualized Approach to Raising Your Challenging Child, Dr. Dan teams up again with illustrator John Watkins-Chow. Throughout the five Excursions, they weave a fun metaphorical tale. Readers are led along by an under-inhibited dog, an over-inhibited turtle, and a well-balanced bird of a different feather. By the end of this comprehensive and original guidebook, parents and professionals will have learned how to prepare the child for the trail and the trail for the child. With Macmillan's superior content delivered by LaunchPad, Social Psychology offers a fresh approach to the study of social psychology, that no other available text can match. The authors draw on over 50 years of combined teaching and research to guide students through the rich diversity of the science of social psychology, weaving together explanations of theory, research methods, empirical findings, and

applications to show how social psychologists work to understand and solve real-world problems. The new edition's LaunchPad brings together all student and instructor resources, including an interactive e-book, LearningCurve adaptive quizzing, Video Activities, The Science of Everyday Life Experiments and Activities, and more.

Social Psychology Fifth International Student Edition W.W. Norton & Company

The 7th edition of this best-selling social psychology text by Graham Vaughan and Michael Hogg, *Social Psychology*, retains the structure and approach of the previous edition but has been revised to reflect the changes in the field, with the material thoroughly updated throughout. *Social Psychology 7e* continues to capture the scope and detail of contemporary social psychology as an international scientific enterprise and at the same time deals with the subject in a way that is relevant to university teaching and social psychology research in Australia and New Zealand.

Discovering Psychology: The Science of Mind

Crime Prevention

Advanced Social Psychology

Another Kind of War

What Might Have Been

Science, Practice, and Diversity

*Protect and grow your finances with help from this definitive and practical guide to behavioral economics—revised and updated to reflect new economic realities. In their fascinating investigation of the ways we handle money, Gary Belsky and Thomas Gilovich reveal the psychological forces—the patterns of thinking and decision making—behind seemingly irrational behavior. They explain why so many otherwise savvy people make foolish financial choices: why investors are too quick to sell winning stocks and too slow to sell losing shares, why home sellers leave money on the table and home buyers don't get the biggest bang for their buck, why borrowers pay too much credit card interest and savers can't sock away as much as they'd like, and why so many of us can't control our spending. Focusing on the decisions we make every day, Belsky and Gilovich provide invaluable guidance for avoiding the financial faux pas that can cost thousands of dollars each year. Filled with fresh insight; practical advice; and lively, illustrative anecdotes, this book gives you the tools you need to harness the powerful science of behavioral economics in any financial environment.*

*Social psychology is a flourishing discipline. It explores the most essential questions of the human psyche (e.g., Why do people help or harm others? How do influence professionals get us to do what they want, and how can we inoculate ourselves against their sometimes-insidious persuasion tactics? Why do social relationships exert such powerful effects on people's physical health?), and it does so with clever, ingenuitive research methods. This edited volume is a textbook for advanced social psychology courses. Its primary target audience is first-year graduate students (MA or PhD) in social psychology, although it is also appropriate for upper-level undergraduate courses in social psychology and for doctoral students in disciplines connecting to social psychology (e.g., marketing, organizational behavior). The authors of the chapters are world-renowned leaders on their topic, and they have written these chapters to be engaging and accessible to students who are just learning the discipline. After reading this book, you will be able to understand almost any journal article or conference presentation in any field of social psychology. You will be able to converse competently with most social psychologists in their primary research domain, a use skill that is relevant not only in daily life but also when interviewing for a faculty position. And, most importantly, you will be equipped with the background knowledge to forge ahead more confidently with your own research. Today's world is more interconnected and interdependent than ever before. Within the context of globalisation and the associated increased contact between diverse groups of people, the psychology of culture is more relevant than ever. *Asia-Pacific Perspectives on Intercultural Psychology* brings together leading researchers from 11 countries to show*

*This definitive work—now extensively revised with virtually all new chapters—has introduced generations of researchers to the psychological processes that underlie social behavior. What sets the book apart is its unique focus on the basic principles that guide theory building and research. Since work in the field increasingly transcends such boundaries as biological versus cultural or cognitive versus motivational systems, the third edition has a new organizational framework. Leading scholars identify and explain the principles that govern intrapersonal, interpersonal, intragroup, and intergroup processes, in chapters that range over multiple levels of analysis. The book's concluding section illustrates how social psychology principles come into play in specific contexts, including politics, organizational life, the legal arena, sports, and negotiation. New to This Edition \*Most of the book is entirely new. \*Stronger emphasis on the contextual factors that influence how and why the basic principles work as they do. \*Incorporates up-to-date findings and promising research programs. \*Integrates key advances in such areas as evolutionary theory and neuroscience.*

*Perspectives of Social Psychology*

*Theory and Research*

*Principles Of Social Psychology*

*ADHD, Anxiety, and Autism*

*Fourth Edition*

*The Social Psychology of Counterfactual Thinking*

Every day we are asked to fulfil others' requests, and we make regular requests of others too, seeking compliance with our desires, commands and suggestions. This accessible text provides a uniquely in-depth overview of the different social influence techniques people use in order to improve the chances of their requests being fulfilled. It both describes each of the techniques in question and explores the research behind them, considering questions such as: How do we know that they work? Under what conditions are they more or less likely to be effective? How might individuals successfully resist attempts by others to influence them? The book groups social influence techniques according to a common characteristic: for instance, early chapters describe "sequential" techniques, and techniques involving egotistic mechanisms, such as using the name of one's interlocutor. Later chapters present techniques based on gestures and facial movements, and others based on the use of specific words, re-examining on the way whether "please" really is a magic word. In every case, author Dariusz Dolinski discusses the existing experimental studies exploring their effectiveness, and how that effectiveness is enhanced or reduced under certain conditions. The book draws on historical material as well as the most up-to-date research, and unpicks the methodological and theoretical controversies involved. The ideal introduction for psychology graduates and undergraduates studying social influence and persuasion, *Techniques of Social Influence* will also appeal to scholars and students in neighbouring disciplines, as well as interested marketing professionals and practitioners in related fields.

Thomas Gilovich offers a wise and readable guide to the fallacy of the obvious in everyday life. When can we trust what we believe—that "teams and players have winning streaks," that "flattery works," or that "the more people who agree, the more likely they are to be right"—and when are such beliefs suspect? Thomas Gilovich offers a guide to the fallacy of the obvious in everyday life. Illustrating his points with examples, and supporting them with the latest research findings, he documents the cognitive, social, and motivational processes that distort our thoughts, beliefs, judgments and decisions. In a rapidly changing world, the biases and stereotypes that help us process an overload of complex information inevitably distort what we would like to believe is reality. Awareness of our propensity to make these systematic errors, Gilovich argues, is the first step to more effective analysis and action.

Includes established theories and cutting-edge developments. Presents the work of an international group of experts. Presents the nature, origin, implications, an future course of major unresolved issues in the area.

This volume addresses how we can find happiness and well-being in the material world. It builds on previous works that find that materialism is associated with lowered well-being (materialists are less happy) and that consumerism, in all its profusion, is harmful to environmental well-being. How can we use the money and possessions in our lives in the service of well-being? Apparently not by being materialistic. Can we benefit from the many wonders of the marketplace -- in technology, convenience and aesthetics -- without falling prey to the lures and dangers of excessive material preoccupation? Can we meet our material needs in ways that nourish growth and well-being? The authors of the chapters in this volume are on-going researchers into such questions. Herein you can learn about the hedonic benefits of thrift and of spending on experiences; how possessions can be beneficial; how different types of consumers spend money; cultural variations in conceptions of the "good life;" how we might reconcile environmental and consumer well-being; and how to measure the whole of human, economic, and environmental well-being. Taken all together, this collection finds grounds for compatibility between what's good for the consumer and what's good for the environment. This volume appeals to academics, professionals, students and others interested in materialism and consumer well-being.

*Handbook of Psychology, Personality and Social Psychology*

*Asia-Pacific Perspectives on Intercultural Psychology*

*Handbook of Basic Principles*

*Social Psychology, Third Edition*

*Ideology, Psychology, and Law*

In this fresh new offering to the Intro Psychology course, authors John Cacioppo and Laura Freberg portray psychology as being an integrative science in two ways. First, they have written a text that reflects psychology's rightful place as a hub science that draws from and is cited by research in many other fields. Second, this text presents psychology as a unified science that seeks a complete understanding of the human mind, rather than as a loosely organized set of autonomous subspecialties. As psychology moves rapidly toward maturity as an integrative, multidisciplinary field, the introductory course offers an opportunity to teach all of psychology in one place and at one time. This text reflects that evolution--and the authors' excitement about it. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Written by two world-leading academics in the field of attitudes research, is a brand new textbook that gets to the very heart of this fascinating and far-reaching field. Greg Maio and Geoffrey Haddock describe how scientific methods have been used to better understand attitudes and how they change. With the aid of a few helpful metaphors, the text provides readers with a grasp of the fundamental concepts for understanding attitudes and an appreciation of the scientific challenges that lay ahead.

A psychological analysis based on the author's studies in play behavior reveals how play is essential to the development of social skills, problem-solving abilities, and creativity.

An award-winning author team challenges students to think critically about the concepts, controversies, and applications of social psychology using abundant tools, both in text and online. (NEW) infographics examine important topics like social class, social

media effects, and research methodology. InQuizitive online assessment reinforces fundamental concepts, and PowerPoints, test questions, and (NEW) Concept Videos, will help you create the best course materials in the shortest amount of time.