Book Report : Freud The Key Ideas

By Ruth Snowden

 Have you ever heard about the founder of psychoanalysis---Sigmund Freud? Well you may learn more about him in this book named, “Freud The Key Ideas” by Ruth Snowden. As many of you may be interested in studying psychology, why don’t you initiate to learn about it by reading the book ?

 The book is comprised of the life and work of Sigmund Freud, one of the twentieth century’s most influential thinkers. It covers from Freud’s early life to the different theories that he has explored. From the book , we can learn that dream analysis and free association assist him in psychoanalysis because they can reflect the conscious mind. He pointed out that we can study conscious mind not only through dreams but also jokes and parapraxes. In the later stage, Freud proposed a new dynamic model of the mind, involving the id, ego and super-ego in replace of conscious ,unconscious and preconscious mind.

This proves that not only science but also psychology is tentative and subject to change when new evidence arises. Aside from the above ideas, there are more to discover in this book.

 As a person who has determined to study Psychology, I am passionate in studying dreams and the unconscious mind . This book provides me with ideas of the relative topics, which are of value. Unlike other books which consume our time to find out the main ideas, this book is straightforward that cuts through the jargon to give you a clear understanding. It also enables you to learn the summary of the book in ten, five and even one minute!

 I strongly recommend “Freud The Key Ideas” to those who loves Psychology since it gives you the basic idea of the subject. It is also suitable for those who are not quite into reading because it takes no more than ten minutes to read the summary and get most of the ideas of the book. Let’s mark the start of the fruitful journey for Psychology by reading “Freud The Key Ideas”.