



Sociology: A Practical Understanding of Why We Do What We Do: Social Psychology (Applied Psychology, Positive Psychology)

Jonny Bell

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Sociology: A Practical Understanding of Why We Do What We Do

You may have always wondered what drives us human beings to do certain things and think of certain ideas. What exactly makes us tick? For many people, the question may have only popped up in their heads from time to time, though it's not hard to imagine such a question has also led to many a sleepless night as some naturally curious people are very often compelled to wonder.

Whether you belong to the first or the second group of people, wonder no more as this book will provide you the answer to the question “**Why do we do what we do?**” Through extensive, detailed, and well-researched facts and other information, **Sociology: A Practical Understanding of Why We Do** What We Do aims to explain the uniqueness of human behavior as well as the tendency of people to act the way they act under different circumstances—*either driven by instinct or after much thought*—despite the notion of free will which is perhaps the one thing that separates us from all other living creatures.

Yes, we human beings are still free to act as we please, but considering the growing influence of our surroundings, it may be surprising to know just how much freedom we get to exercise in any given situation (though that's not necessarily a bad thing as this book will also explain).

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