

Psychology of Gender: A Comprehensive Guide to the Psychological Processes of Gender Identity and Expression by Vicki Helgeson

In the Psychology of Gender, author Vicki Helgeson provides a comprehensive overview of the psychological processes of gender identity and expression. This book is an essential resource for anyone who wants to understand the complex and fascinating topic of gender.



Psychology of Gender by Vicki S. Helgeson

★★★★☆ 4.6 out of 5

Language : English
File size : 18808 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 734 pages



Helgeson begins by discussing the basics of gender, including the difference between sex and gender, and the different ways that people can identify and express their gender. She then delves into the psychological processes that underlie gender identity and expression, including the role of hormones, genetics, and socialization.

Helgeson also discusses the impact of gender on psychological well-being, including the challenges that transgender and non-binary people often face.

She provides evidence-based strategies for supporting transgender and non-binary people, and for creating more inclusive environments for everyone.

The Psychology of Gender is a well-written and informative book that is essential reading for anyone who wants to understand the psychological processes of gender identity and expression. Helgeson provides a comprehensive overview of the topic, and she does so in a clear and engaging way. This book is a valuable resource for students, researchers, clinicians, and anyone else who is interested in learning more about gender.

Key Features of the Book

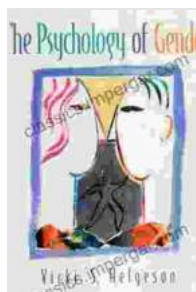
- Provides a comprehensive overview of the psychological processes of gender identity and expression
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- Discusses the impact of gender on psychological well-being, including the challenges that transgender and non-binary people often face
- Provides evidence-based strategies for supporting transgender and non-binary people, and for creating more inclusive environments for everyone

About the Author

Vicki Helgeson is a professor of psychology at the University of California, Berkeley. She is a leading expert on the psychology of gender, and her research has been published in top academic journals. Helgeson is also a passionate advocate for transgender and non-binary people, and she has worked to create more inclusive environments for everyone.

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