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This Week in

Psychology History

(August 8–14)

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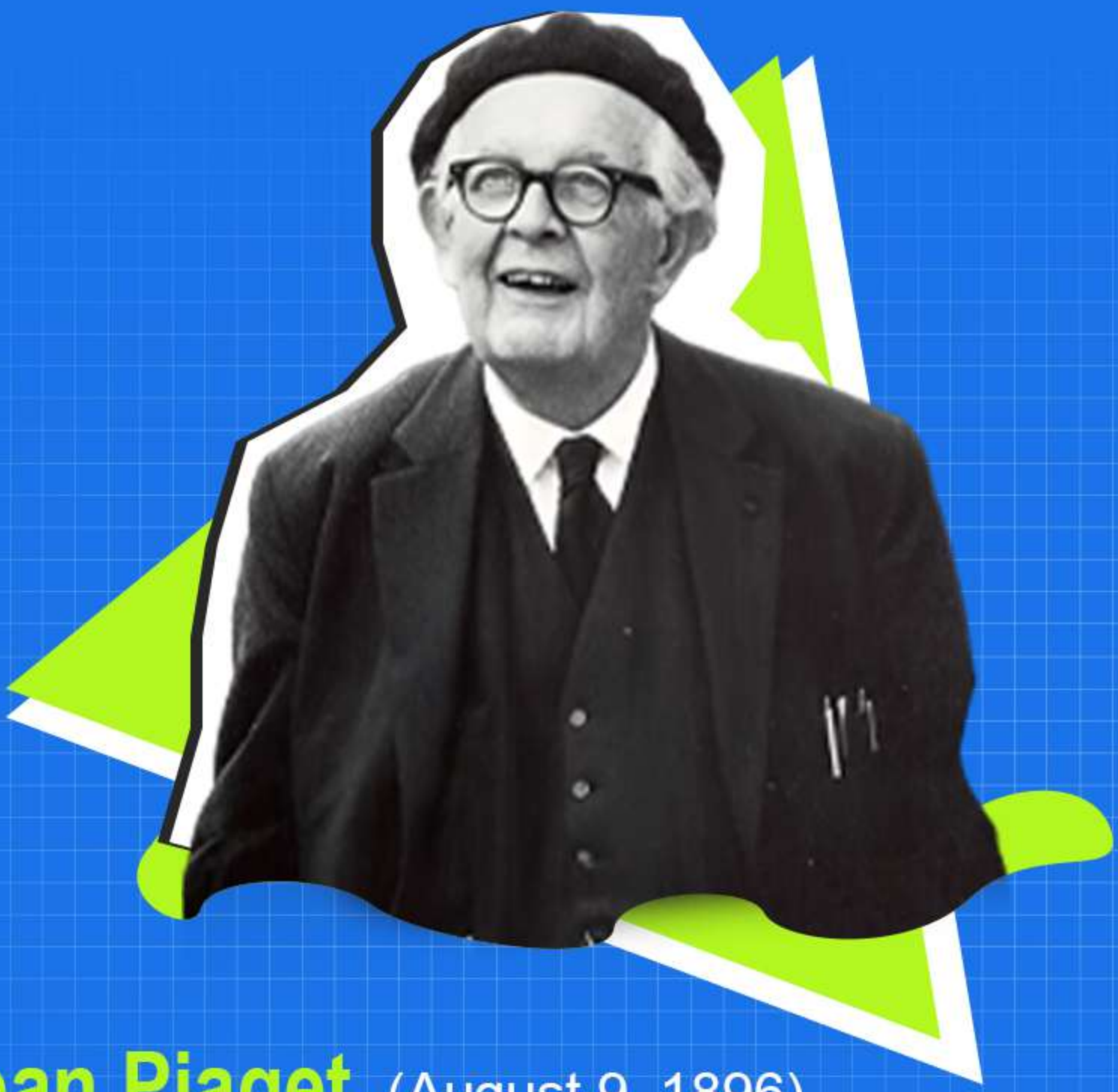
Norma Graham (August 8, 1944)

Norma Graham is a perceptual neuroscientist who cracks how our brain deciphers visual puzzles.

Her playful experiments often use illusions that trick even experts, showing that seeing isn't always believing!

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Jean Piaget (August 9, 1896)

Jean Piaget changed how we understand kids by showing they think differently from adults.

He studied his own children's thought processes in detail, turning everyday play into groundbreaking science.

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Vilaynur S. Ramachandran

(August 10, 1951)

Vilayanur Ramachandran is famous for creating the mirror box to help amputees “see” missing limbs.

He once used phantom limb pain experiments to reveal how the brain rewires itself, almost like a sci-fi movie plot!

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Michael Argyle (August 11, 1925)

Michael Argyle made social interaction research fun by studying smiles, eye contact, and body language.

He found that people smile more when talking to someone they like, making happiness contagious in social circles.

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Martin E.P. Seligman (August 12, 1942)

Martin Seligman turned psychology's focus from disorders to strengths, founding positive psychology.

He discovered "learned helplessness" in dogs but later taught us how to flip helplessness into hope and resilience.

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Clara Mayo (September 13, 1931)

Clara Mayo was a pioneering social psychologist focused on improving how people communicate in groups.

She showed that even small misunderstandings in group discussions can snowball into major conflicts, emphasizing the power of clear communication.

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Peter Fonagy (August 14, 1952)

Peter Fonagy studies mentalization—how we understand our minds and others'.

He revealed that being aware of your own thoughts helps build stronger relationships, making emotional insight one of life's superpowers.

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