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## Sommario/riassunto

This book explores what social psychology can contribute to our understanding of real-life problems and how it can inform rational interventions in any area of social life. By reviewing some of the most recent achievements in applying social psychology to pressing contemporary problems, Forgas, Crano, and Fiedler convey a fundamentally optimistic message about social psychology's achievements and prospects. The book is organized into four sections. Partl focuses on the basic issues and methods of applying social psychology to real-life problems, discussing evolutionary influences on human sociability, the role of psychological mindsets' in interpreting reality, and the use of attitude change techniques to promote adaptive behaviors. PartII explores the applications of social psychology to improve individual health and well-being, including managing aggression, eating disorders, and improving therapeutic interactions. PartIII turns to the application of social psychology to improve interpersonal relations and communication, including attachment processes in social relationships, the role of parent-child interaction in preventing adolescent suicide, and analyzing social relations in legal settings and online social networks. Finally, Part IV addresses the question of how social psychology may improve our understanding of public affairs and political behavior. The book will be of interest to students and academics in social psychology, and professionals working in applied settings.