How Emotions Are Made : The Secret Life of the Brain

By Lisa Feldman Barrett

Pan Macmillan Publishers International Jan 2018, 2018. Taschenbuch. Condition: Neu. Neuware - 'How Emotions Are Made did what all great books do. It took a subject I thought I understood and turned my understanding upside down' Malcolm Gladwell When you feel anxious, angry, happy, or surprised, what's really going on inside of you Many scientists believe that emotions come from a specific part of the brain, triggered by the world around us. The thrill of seeing an old friend, the fear of losing someone we love - each of these sensations seems to arise automatically and uncontrollably from within us, finding expression on our faces and in our behaviour, carrying us away with the experience. This understanding of emotion has been around since Plato. But what if it is wrong In How Emotions Are Made, pioneering psychologist and neuroscientist Lisa Feldman Barrett draws on the latest scientific evidence to reveal that our common-sense ideas about emotions are dramatically, even dangerously, out of date - and that we have been paying the price. Emotions aren't universally pre-programmed in our brains and bodies; rather they are psychological experiences that each of us constructs based on our unique personal history, physiology and environment....

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