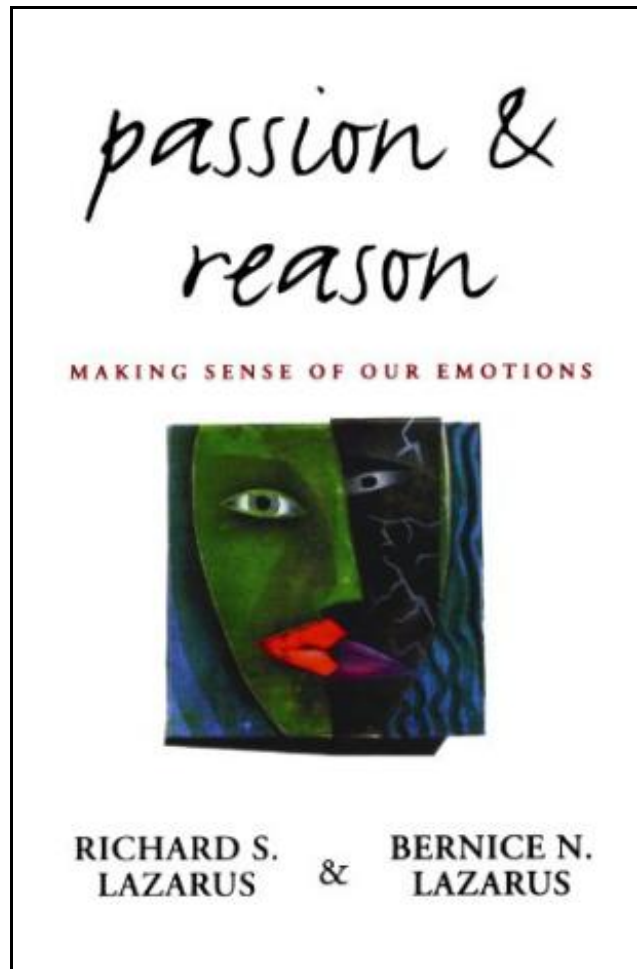


## Passion and Reason: Making Sense of Our Emotions



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### ***Reviews***

*Very useful to any or all type of people. This is certainly for those who statte there was not a worth reading through. You can expect to like how the writer write this pdf.*

*(Dr. Rashawn Lang)*

## PASSION AND REASON: MAKING SENSE OF OUR EMOTIONS



Oxford University Press. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.4in. x 5.5in. x 0.9in. When Oxford published *Emotion and Adaptation*, the landmark 1991 book on the psychology of emotion by internationally acclaimed stress and coping expert Richard Lazarus, *Contemporary Psychology* welcomed it as a brightly shining star in the galaxy of such volumes. Psychiatrists, psychologists and researchers hailed it as a masterpiece, a major breakthrough in our understanding of the emotional process and its central role in our adaptation as individuals and as a species. What was still needed, however, was a book for general readers and health care practitioners that would dispel the myths still surrounding cultural beliefs about emotion and systematically explain the relevance of the new research to the emotional dramas of our everyday lives. Now, in *Passion and Reason*, Lazarus draws on his four decades of pioneering research to bring readers the first book to move beyond both clinical jargon and feel-good popular psychology to really explain, in plain, accessible language, how emotions are aroused, how they are managed, and how they critically shape our views of ourselves and the world around us. With his co-author writer Bernice Lazarus, Dr. Lazarus explores the latest findings on the short and long-term causes and effects of various emotions, including the often conflicting research on stress management and links between negative emotions and heart disease, cancer, and other aspects of physical and psychological health. Lazarus makes a strong case that contrary to common assumption, emotions are not irrational--our emotions and our analytical thought processes are inextricably linked. While not a how-to book, *Passion and Reason* does describe how readers can interpret what lies behind their own emotions and those of their families, friends, and co-workers, and how to manage them more effectively. Exploring fifteen emotions in depth, from...



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