

The Emotional Brain The Mysterious Underpinnings Of Emotional Life

The Emotional Brain The Emotional Life of Organisations The Emotional Life of Your Brain The Emotional Life of the Toddler The Emotional Life of Contemporary Public Memorials The Emotional Lives of Animals Emotional Life of Animals Emotions in Social Life Emotional Intelligence Handbook of Emotion Regulation Change Your Life's Direction Emotional AI Handbook of Emotion Regulation, First Edition Emotions Matter Emotional Intelligence Emotion and Social Theory Emotional Geographies The Collected Works of L.S. Vygotsky Draw on Your Emotions Developmental Psychology: From Infancy to Development Joseph Ledoux Michael Drayton Richard J. Davidson Alicia F. Lieberman Erika Doss Marc Bekoff Karine Lou Matignon Gillian Bendelow Peter Salovey James J. Gross (Professor of psychology) Jim Taylor, PhD Andrew McStay James J. Gross Dale Spencer Daniel Goleman Simon Williams Liz Bondi L.S. Vygotsky Margot Sunderland Fiona White

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what happens in our brains to make us feel fear love hate anger joy do we control our emotions or do they control us do animals have emotions how can traumatic experiences in early childhood influence adult behavior even though we have no conscious memory of them in the emotional brain joseph ledoux investigates the origins of human emotions and explains that many exist as part of complex neural systems that evolved to enable us to survive one of the principal researchers profiled in daniel goleman s emotional intelligence ledoux is a leading authority in the field of neural science in this provocative book he explores the brain mechanisms underlying our emotions mechanisms that are only now being revealed

who hasn't felt at least at one time overlooked overwhelmed or overly self critical at work the emotional life of organisations explores the often overlooked emotional fabric that shapes

organisational life organisations grow compete and change based on the emotions that drive people's choices politics and goals emotions can either energise or paralyse people most business books ignore this fundamental driver of organisational behaviour and almost exclusively focus on the logical and cognitive aspects of work using an easy to read and engaging style this book will help people and businesses understand the important role emotions play in the workplace by using research stories useful tips and writing assignments to explain motivation the emotions that motivate employees and how leaders can channel them anxiety navigating workplace uncertainty fear and self doubt criticism managing the emotional impact of giving and receiving feedback envy understanding and addressing envy in the workplace change helping teams through the emotional rollercoaster of transformation well being recognising and managing burnout addiction depression and the effects of emotional strain the emotional impact of remote working the knowledge gained through reading this book is powerful in helping leaders managers and employees to improve well being motivation and performance at work

this long-awaited book by a pioneer in brain research offers a new model of our emotions their origins their power and their malleability for more than thirty years richard davidson has been at the forefront of brain research now he gives us an entirely new model for understanding our emotions as well as practical strategies we can use to change them davidson has discovered that personality is composed of six basic emotional styles including resilience self awareness and attention our emotional fingerprint results from where on the continuum of each style we fall he explains the brain chemistry that underlies each style in order to give us a new model of the emotional brain one that will even go so far as to affect the way we treat conditions like autism and depression and finally he provides strategies we can use to change our own brains and emotions if that is what we want to do written with bestselling author sharon begley this original and exciting book gives us a new and useful way to look at ourselves develop a sense of well being and live more meaningful lives

now updated with new material throughout alicia f lieberman's *The Emotional Life of the Toddler* is the seminal detailed look into the varied and intense emotional life of children aged one to three hailed as groundbreaking by the *Boston Globe* after its initial publication the new edition includes the latest research on this crucial stage of development anyone who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive contradictory and ever changing emotions alicia f lieberman offers an in depth examination of toddlers emotional development and illuminates how to optimize this crucial stage so that toddlers can develop into emotionally healthy children and adults drawing on her lifelong research dr lieberman addresses commonly asked questions and issues why for example is no often the favorite response of the toddler how should parents deal with the anger they might feel when their toddler is being aggressively stubborn why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him this updated edition also addresses twenty first century concerns such as how to handle screen time on devices and parenting in a post internet world with the help of numerous examples and vivid cases lieberman answers these and other questions

providing in the process a rich insightful profile of the roller coaster emotional world of the toddler

from the commemoration of september 11 to the holocaust memorial in berlin recent decades have witnessed a substantial increase in the number of new public memorials built in both europe and the united states this volume considers the contemporary explosion of public commemoration in terms of changed cultural and social practices of mourning memory and public feeling positing memorials as the physical and visual embodiment of our affective responses to loss erika doss focuses especially on the memorial ephemera of flowers candles balloons and cards placed at sites of tragic death in order to better comprehend how grief is mediated in contemporary commemorative cultures

mark bekoff one of the world's most prominent researchers of animal emotions explores the overwhelming evidence for animal emotions and how they should affect our relationship with our animal kin

animals have far richer and more intense emotional lives than many of us have been led to believe the love fear suffer and remember karine lou matignon distills scientific research and the experiences of those who work most closely with animals to arrive at an indisputable conclusion the birds and mammals with whom we share the planet are feeling beings worthy of our care and respect of this the remarkable photographs collected in this book are powerful testimony

the development of a sociology of emotions is crucial to our understanding of social life as they hold the key to our understanding of social processes and sociological investigation first published in 1997 emotions in social life consolidates the sociology of emotions as a legitimate and viable field of enquiry it provides a comprehensive assessment of the sociology of emotions using work from scholars of international stature as well as newer writers in the field it presents new empirical research in conjunction with innovative and challenging theoretical material and will be essential reading for students of sociology health psychology anthropology and gender studies

book of readings collected by cd founders of emotional intelligence introduces theory measurement applications of

reviewing the state of the science in a dynamic thriving field this influential handbook integrates knowledge from multiple psychological subdisciplines foremost experts address the neurobiological and cognitive bases of emotion regulation and examine how individuals develop and use regulatory strategies across the lifespan the social context of emotion regulation is explored as are personality processes and individual differences critical implications are discussed for psychopathology psychosocial interventions and health including helpful cross referencing among chapters the volume describes cutting edge methods and identifies promising directions for future investigation as a special bonus purchasers of the second edition can download a supplemental e book featuring several notable highly cited chapters from the first edition new to this edition incorporates significant

scientific advances and many new topics greatly expanded coverage of clinical issues and applications chapters on neural systems delay of gratification decision making and health chapters on adolescence social baseline theory and desire regulation plus more supplemental e book featuring selected chapters from the prior edition

jim taylor explores how to harness the four forces that can control our life inertia and propel our lives in the direction of our own choosing values self esteem ownership and emotions many people think of inertia as an object at rest will stay at rest unless a force is exerted on it like a boulder in a field and people can think of their lives in the same way static and unmoving but we aren't stuck in one place as so many express when they are dissatisfied with their lives rather our lives are moving swiftly and inexorably along a path driven by powerful forces both past and present that is highly resistant to a change in direction as a result small forces such as a modest insight or a brief aha moment aren't enough to catalyze significant change in how we think what we feel or how we act on or react to our world in fact meaningful change can only occur when forces are applied that are greater than the forces that are already propelling our lives seeing our lives from this dynamic perspective is the foundation for understanding what it takes to bring meaningful and long lasting positive change to our lives jim taylor explores the four forces values self esteem ownership and emotions that propel our life inertia which shows itself through the lens with which we view the world the emotional reactions we have the actions that we take and the relationships that we create he then explains how to harness those to our own benefit so that we may steer our lives in the direction of our own choosing rather than allowing our past inertia or outside forces to dictate the direction our lives take by letting our values guide us building our self esteem taking ownership of our decisions and actions and using our emotions as positive fuel we can break free from our past inertia take control of our lives and chart a future of meaning happiness success and connection with confidence commitment and courage

what happens when media technologies are able to interpret our feelings emotions moods and intentions in this cutting edge new book andrew mcstay explores that very question and argues that these abilities result in a form of technological empathy offering a balanced and incisive overview of the issues raised by emotional ai this book provides a clear account of the social benefits and drawbacks of new media trends and technologies such as emoji wearables and chatbots demonstrates through empirical research how empathic media have been developed and introduced both by start ups and global tech corporations such as facebook helps readers understand the potential implications on everyday life and social relations through examples such as video gaming facial coding virtual reality and cities calls for a more critical approach to the rollout of emotional ai in public and private spheres combining established theory with original analysis this book will change the way students view use and interact with new technologies it should be required reading for students and researchers in media communications the social sciences and beyond

this authoritative volume provides a comprehensive road map of the important and rapidly growing field of emotion regulation each of the 30 chapters in this handbook reviews the

current state of knowledge on the topic at hand describes salient research methods and identifies promising directions for future investigation the contributors who are the foremost experts in the field address vital questions about the neurobiological and cognitive bases of emotion regulation how we develop and use regulatory strategies across the lifespan individual differences in emotion regulation social psychological approaches and implications for psychopathology clinical interventions and health

the sociology of emotions has recently undergone a renaissance raising new questions for the social sciences how should we define and study emotions how are emotions related to perennial sociological debates about structure power and agency emotions matter brings together leading international scholars to build on and extend sociological understandings of emotions moving beyond reductionist approaches that frame emotions as idiosyncratic states of mind the scholars in this collection conceptualize emotions as the experience of social relations empirical and theoretical chapters demonstrate how emotions relate to sociological theories of interaction the body gender and communication pushing the boundaries of sociology and stimulating debate for related fields emotions matter offers diverse relational approaches that illustrate the crucial importance of emotions to the sociological imagination

1 bestseller the groundbreaking book that redefines what it means to be smart with a new introduction by the author a thoughtfully written persuasive account explaining emotional intelligence and why it can be crucial usa today everyone knows that high iq is no guarantee of success happiness or virtue but until emotional intelligence we could only guess why daniel goleman s brilliant report from the frontiers of psychology and neuroscience offers startling new insight into our two minds the rational and the emotional and how they together shape our destiny but why is emotional intelligence important drawing on groundbreaking brain and behavioral research goleman shows the factors at work when people of high iq flounder and those of modest iq do surprisingly well these factors which include self awareness self discipline and empathy add up to a different way of being smart and they aren t fixed at birth although shaped by childhood experiences emotional intelligence can be nurtured and strengthened throughout our adulthood with immediate benefits to our health our relationships and our work the twenty fifth anniversary edition of emotional intelligence could not come at a better time we spend so much of our time online more and more jobs are becoming automated and digitized and our children are picking up new technology faster than we ever imagined with a new introduction from the author the twenty fifth anniversary edition prepares readers now more than ever to reach their fullest potential and stand out from the pack with the help of ei

the emotions have traditionally been marginalized in mainstream social theory this book demonstrates the problems that this has caused and charts the resurgence of emotions in social theory today drawing on a wide variety of sources both classical and contemporary simon williams treats the emotions as a universal feature of human life and our embodied relationship to the world he reflects and comments upon the turn towards the body and

intimacy in social theory and explains what is important in current thinking about emotions in his doing so readers are provided with a critical assessment of various positions within the field including the strengths and weaknesses of poststructuralism and postmodernism for examination

bringing together well established interdisciplinary scholars including geographers phil hubbard chris philo and hester parr and sociologists jenny hockey mike hepworth and john urry and a new generation of researchers this volume presents a wide range of innovative studies of fundamentally important questions of emotion following an overarching introduction three interlinked sections elaborate key intersections between emotions and spatial concepts on which each chapter offers a particular take informed by substantive research at the heart of the collection lies a commitment to convey how emotions always spill over from one domain to another as well as to illuminate the multiplicity of spaces that produce and are produced by emotional life the book demonstrates the richness that an interdisciplinary engagement with the emotionality of socio spatial life generates

vygotsky was a russian psychologist and one of the most influential psychologists in the world during the 20th century this volume the first of six examines vygotsky s works involving problems of general psychology including thinking and speech

draw on your emotions is a bestselling resource to help people of all ages express communicate and deal more effectively with their emotions through drawing built around five key themes each section contains a simple picture exercise with clear objectives instructions and suggestions for development the picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices by trying out alternatives safely on paper this will help to create clarity and new perspectives as a step towards positive action offering a broad range of exercises which can be adapted for any ability or age from middle childhood onwards this unique book explores a range of emotions surrounding a person's important life experiences key memories relationships best times worst times and who they are as a person this is an essential resource for therapists educators counsellors and anyone who engages other people in conversations that matter about their relationship to self others and life in general this revised and updated second edition also contains a new section on how to use the superbly emotive the emotion cards 9781138070981 to facilitate deeper therapeutic conversations

developmental psychology from infancy to adulthood 3rd edition continues to bring together a balanced focus on australian and international research contributions in developmental psychology students and lecturers alike will find this text addresses the issues of lifespan development in a rigorous and challenging way using a thematic rather than chronological approach international and national research on graduate attributes consistently identifies critical thinking as one of the most important skills for psychology students the inclusion of critical thinking for group discussion at the end of each chapter is designed to encourage students in the development of this key skill these questions help students develop the ability to engage in discussions on truth and validity and evaluate the relative importance of ideas

and data students learn by doing and this is encouraged through interactive features such as stop and review research focus boxes and practical exercises which engage them in group discussion and challenge them to delve into complex and cross domain analysis of lifespan development concept maps at the start of each chapter provide students with a visual snapshot of the chapter content

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