Emotions are an inescapable part of the human experience. They motivate actions and reactions, guide our interpersonal and business relationships, inspire political and societal trends, and influence our sense of self and well-being. Emphasizing the broad practical reach of this field of study, *Understanding Emotions* draws from neuroscience, psychiatry, biology, genetics, the humanities, economics, and more to provide a strong foundation in core concepts. An easy-to-follow narrative arc encompasses the entire life span, while representative studies provide immediate insight into the real-world implications of important findings.

This new Fourth Edition continues to provide clear and concise guidance toward the factors that drive emotion, with new, revised, and expanded discussions that reflect the current state of the field. Detailed coverage of social and anti-social motivations, moral judgment, empathy, psychological disorders, the physiological components of emotion, and many more equip students with the conceptual tools to probe deeper into the material and apply methods and techniques to their own personal lives.
NEW TO EDITION

• Updated references reflecting recent research in psychology, psychiatry, neuroscience, social science, and other relevant areas of study

• Increased focus on the interpersonal and social functions of emotions, and the impact of positive emotions on relationships and personal well-being

• New coverage of research surrounding embodiment and interoception as related to mind-body relations in emotion

• Additional perspective on the influence of emotion-related language as related to emotional experience, neurophysiology, and well-being

• Expanded discussion on the relationship between emotion and moral judgement, friendships, familial and intimate relationships, and hierarchical and collective situations

FEATURES

• Integrates the evolutionary and cultural components of emotion into a cohesive and accessible learning framework

• Illustrates how far conceptualization and research have progressed toward greater understanding of emotion

• Promotes self-discovery by encouraging the modification and application of concepts to students' individual interests

• Links individual ideas to foundational concepts through a cohesive narrative arc

• Uses enhanced pedagogical tools and a highly relatable style to promote student engagement

• Teaches students to draw their own conclusions through data analysis and interpretation

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