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Autore	Lazarus Richard S
Titolo	Passion and reason [[electronic resource]] : making sense of our emotions // Richard S. Lazarus, Bernice N. Lazarus
Pubbl/distr/stampa	New York, : Oxford University Press, c1994
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Descrizione fisica	1 online resource (332 p.)
Altri autori (Persone)	LazarusBernice N
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Soggetti	Adjustment (Psychology) Affect (Psychology) Emotions Electronic books.
Lingua di pubblicazione	Inglese
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Nota di bibliografia	Includes bibliographical references (p. 299-311) and index.
Nota di contenuto	Contents; 1. What This Book Is About; I: Portraits of the Individual Emotions; 2. The Nasty Emotions: Anger, Envy, and Jealousy; 3. The Existential Emotions: Anxiety-Fright, Guilt, and Shame; 4. Emotions Provoked by Unfavorable Life Conditions: Relief, Hope, Sadness, and Depression; 5. Emotions Provoked by Favorable Life Conditions: Happiness, Pride, and Love; 6. The Empathic Emotions: Gratitude, Compassion, and Those Aroused by Aesthetic Experiences; II: How to Understand the Emotions; 7. The Nuts and Bolts of Emotion; 8. Coping and Self-Management of Emotion 9. How Biology and Culture Affect Our Emotional Lives10. The Logic of Our Emotions; III: Practical Implications; 11. Stress and Emotion; 12. Emotions and Our Health; 13. When Coping Fails-Psychotherapy Offers a Solution; 14. Final Thoughts; Notes; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; R; S; T; U; V; W; Y
Sommario/riassunto	Passion and Reason draws on four decades of research to bring readers the first book to move beyond both clinical jargon and 'feel-good' popular psychology to explain how emotions are aroused, how they are managed, and how they critically shape views of ourselves and the

world around us.
