

1. Record Nr.	UNINA9910453514403321
Titolo	Handbook of positive emotions / / edited by Michele M. Tugade, Michelle N. Shiota, Leslie D. Kirby
Pubbl/distr/stampa	New York : , : Guilford Press, , 2014
ISBN	1-4625-1429-4
Descrizione fisica	1 online resource (545 p.)
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Disciplina	150.1988
Soggetti	Positive psychology Emotions Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Half Title Page; Title Page; Copyright Page; About the Editors; Contributors; Foreword; Contents; Introduction; Part I. Theoretical Foundations; 1. The Differentiation of Positive Emotional Experience as Viewed through the Lens of Appraisal Theory; 2. Infusing Positive Emotions into Life: The Broaden-and-Build Theory and a Dual-Process Model of Resilience; 3. The Evolutionary Perspective in Positive Emotion Research; 4. What Is a Positive Emotion?: The Psychological Construction of Pleasant Fear and Unpleasant Happiness; 5. Personality and Positive Emotion Part II. The Biology of Positive Emotion6. Approach Motivation and Its Relationship to Positive and Negative Emotions; 7. Animal Neuroscience of Positive Emotion; 8. Autonomic Nervous System Aspects of Positive Emotions; 9. Spontaneous Human Laughter; 10. Nonverbal Expressions of Positive Emotions; Part III. Social Perspectives and Individual Differences; 11. Positive Emotions, Social Cognition, and Intertemporal Choice; 12. Positive Emotions in Close Relationships; 13. Traversing Affective Boundaries: Examining Cultural Norms for Positive Emotions 14. Vive la Difference: The Ability to Differentiate Positive Emotional Experience and Well-Being15. Positive Emotions across the Adult Life

Span; Part IV. Select Positive Emotions; 16. Finding Happiness: Tailoring Positive Activities for Optimal Well-Being Benefits; 17. Pride: The Fundamental Emotion of Success, Power, and Status; 18. Romantic Love; 19. Compassion; 20. Gratitude; 21. Transcending the Self: Awe, Elevation, and Inspiration; 22. The Challenge of Challenge: Pursuing Determination as an Emotion; 23. Hope Theory; Part V. Outcomes of Positive Emotions
24. Health and Psychology: The Importance of Positive Affect
25. Positive Emotion Disturbance across Clinical Disorders; 26. Positive Emotions in Organizations; 27. Positive Emotions in Marketing and Social Influence; Conclusions and Future Directions; Author Index; Subject Index

Sommario/riassunto

This authoritative handbook reviews the breadth of current knowledge about positive emotions: their nature, functions, and consequences for individuals and society. Specific emotions are analyzed in depth, including happiness, pride, romantic love, compassion, gratitude, awe, challenge, and hope. Major theoretical perspectives are presented and cutting-edge research methods explained. The volume addresses neurobiological and physiological aspects of positive emotions as well as their social and intrapersonal contexts. Implications for physical health, coping, and psychopathology are explo
