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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Preface -- Acknowledgments -- Introduction -- The study of emotions : clinical and scientific approaches -- Why is emotional literacy relevant? -- What are emotions? : what do they feel like? -- Emotions are our first language : the neuroscience of emotions -- High-reliability emotional well-being -- Innovating emotions in childhood : emotional awareness and empathetic identification -- Innovating emotions in adulthood : emotional literacy -- High -reliability emotional well-being : skill literacy and skill performance -- High-reliability emotional intelligence : emotion performance utilization -- Bibliography -- Index -- About the author.