

1. Record Nr.	UNINA9910822067703321
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Titolo	Emotions : A Brief History
Pubbl/distr/stampa	Hoboken : , : John Wiley & Sons, Incorporated, , 2004 ©2004
ISBN	9780470777114 9781405113151
Edizione	[1st ed.]
Descrizione fisica	1 online resource (204 pages)
Collana	Blackwell Brief Histories of Psychology Ser.
Disciplina	152.409
Soggetti	Emotions -- History
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- emotions: A Brief History -- Contents -- List of Illustrations -- Preface -- Acknowledgements -- CHAPTER 1 MEANING AND AMBIGUITY -- Emotions: Signals of What is Vital -- CHAPTER 2 EVOLUTION, CULTURE, AND A NECESSARY AMBIVALENCE -- Inherited Repertoires of Emotion Built Upon by Culture and Experience -- CHAPTER 3 MEDICINE FOR THE SOUL -- From Epicureans and Stoics via the Seven Deadly Sins to Cognitive Therapy -- CHAPTER 4 EMOTIONS AND THE BRAIN -- Accidents, Imaging Technologies, the New Psychopharmacology -- CHAPTER 5 SOCIAL HISTORIES: EMOTIONS AND RELATIONSHIPS -- Social Goals of Aggression, Attachment, Affiliation, and Their Mixtures -- CHAPTER 6 INDIVIDUAL HISTORIES -- Emotional Development from Childhood to Maturity -- CHAPTER 7 EMOTIONAL DISORDERS -- Excesses of Sadness, Anxiety, Shame, and Anger -- CHAPTER 8 EMOTIONAL INTELLIGENCE -- What Is It to be Emotionally Intelligent? Are There Skills to Learn? -- Notes -- References -- Name Index -- Subject Index.
Sommario/riassunto	Emotions: A Brief History investigates the history of emotions across cultures as well as the evolutionary history of emotions and of emotional development across an individual's life span. In clear and accessible language, Keith Oatley examines key topics such as emotional intelligence, emotion and the brain, and emotional disorders. Throughout, he interweaves three themes: the changes that emotions

have undergone from the past to the present, the extent to which we are able to control our emotions, and the ways in which emotions help us discern the deeper layers of ourselves and our relationships.
