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Nota di contenuto	Part I. Theoretical Perspectives on Emotions -- Understanding Emotions: Perspectives from Neuroscience -- Emotions in Cultural Context -- Bridging the Self-Other Divide: Rasa, Self-transformation and Well-being in Indian Psychology -- Emotions in Social and Cultural Spaces and their Role in Meaning Making -- An Integrated Approach to the Conceptualisation of Emotion Regulation in Diverse Cultures -- Micro-Momentary Emotional Expressions: A Life-Span Perspective -- Emotions at work: Applications of Emotional Intelligence -- Part II. Cultural Context and Development of Emotions -- Parenting and Emotions: An Understanding of Parental Emotional Regulation -- Exploring Some Cultural Factors in Recognition of Emotions in Children through Mothers' Recollection: A Memory-Based Method -- Emotional Empowerment in High School Life -- Emotions and Learning: Perceptions of Indian Children -- Psychological Approaches to Fostering Positive Emotions in Cultural Context -- Youth and

Technology: Leveraging Emotional Intelligence to Resist from Falling into Digital Dystopia -- Emotions as Metaphors: Critically Reconstructing Psychiatric and Cultural Discourses for Trauma and Healing -- Part III. Facets of Emotion -- Compassion, Kindness and Moral Wellbeing: Indian Perspectives -- Emotions in Romantic Relationships -- Indigenous Perspectives on Happiness: Insights from Indian Traditions -- Knowledge, Emotions and Well-being: A Vision into Psychic Conflicts from the Khoshias of Western Himalaya -- Lajja: The Missing 'Basic' Emotion in the Natya Shastra and What that tells us about the Hindu Moral Code -- How Do East Asians Perceive and Cope with Psychological Distress and Stressful Situations? A Cultural-Psychological Perspective -- Anger, Aggression and Violence and their Management -- Part IV. Emotions and Self Transformation -- Emotional Creativity: Applied Concerns -- Self and Emotions: Implications for Well-being -- Bhakti Rasa: The First and The Last Step to Freedom -- True Love: The Penultimate Emotion -- Rasa and Savoring: A Comparative Study of Aesthetic Emotions -- Bodhicitta and Practice of Peace -- Hope . . . An Implacable Cosmos-Endowed Vitalism -- Post Script - Emotion and Human Sciences On the forms of knowing -- Index.

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Sommario/riassunto

This book approaches emotion from a cultural perspective in applied contexts, consolidating new research that examines the interface of emotions with various aspects of human life. It provides insights into the vibrant and growing field of emotion research by rearticulating the distinction and interrelationships of the trilogy of mind consisting of cognition, affection and conation. It brings into focus indigenous and culturally relevant conceptualizations of emotion processes. Among the topics covered: Emotions at work: applications of emotional intelligence Indian perspectives on youth, compassion, and moral well-being Parental emotion regulation strategies Role of emotions in construction of social identities Emotions in Cultural Context offers an up-to-date exploration of recent work in psychology of emotions.

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