

1. Record Nr.	UNINA9911011773003321
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Titolo	International Handbook of Emotions : Resourceful Cultural Perspectives, Vol. 1 // edited by Claude-Hélène Mayer, Elisabeth Vanderheiden
Pubbl/distr/stampa	Cham : , : Springer Nature Switzerland : , : Imprint : Springer, , 2025
ISBN	3-031-86449-2
Edizione	[1st ed. 2025.]
Descrizione fisica	1 online resource (487 pages)
Altri autori (Persone)	VanderheidenElisabeth
Disciplina	150.1988
Soggetti	Positive psychology Emotions Employee health promotion Well-being Positive Psychology Emotion Employee Health and Wellbeing Well-Being Psicologia positiva Emocions Benestar Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Navigating Emotional Diversity: Editorial Volume 1 -- Part I: Foundations and Classifications of Emotions -- The Spectrum of Affect: A Classification of the 64 Emotions -- Investigating Shame as a Resource in the Anthropocene: An Emotional Psychology Perspective -- Light Still Shines in the Darkness: Mindsets that Shape Encounters with the Storm of Suffering -- Coping and Stress-Related Emotions from a Cross-Cultural Perspective -- Part II: Healing, Transformation, and Growth -- What Can Older Adults Tell Us About Emotional Wisdom? Experiencing Emotion and Mental Health In Old Age -- The Emotion of Love Across Generations: An Intergenerational, Interethnic Perspective -- Forgiveness Reconsidered: Agency and the Contextual Nature of

Forgiveness in the Aftermath of Clergy Sex Abuse -- Blessed is the One Whose Transgressions are Forgiven: Conceptual Foundations and a Template for Measuring Christian Experiences of Reconciliation with God -- Emotions and Moral Living: A Case Study In An Evolving Tradition -- Understanding Jealousy, Guilt, and Depression from a Commitment Point of View: Philip Brickman's Unified Theory of Emotions and its Practical Implications -- Part III: Emotional Well-being in Education and the Workplace -- Exploring Peer Support in Emotional Well-being: A Positive Psychological Perspective -- An Approach to Build Trust in Opposition to the Fear of Making Mistakes in English – a Circle of Dialogue Based on Positive Psychology -- From Conflict to Connection: Harnessing Emotions in the Workplace with the EmC Method -- Part IV: The Arts and Aesthetics in Positive Psychology -- The Emotional Impact of Aesthetic Appreciation on Individual and Collective Well-Being -- Aesthetic Emotions as Expression of Experiencing The Beauty -- Experiencing Art: The Paradox of Positive and Negative Emotions -- How do you feel? Literature's Contribution to Learning the Granularity of Emotions -- Bridging Chapter: Connecting Individual and Cultural Emotional Dynamics.

Sommario/riassunto

This two-volume handbook reimagines the role of emotions, offering transformative insights into their significance for individuals, communities, and societies. Volume 1 combines rigorous theoretical exploration, personal narratives, and cutting-edge research to explore the intricate connections between emotions, human development, and positive psychology. Far beyond the confines of emotional well-being, this volume examines the transformative power of emotions in shaping identities and driving personal and collective growth. Through its comprehensive approach, it paints a vivid picture of the human emotional experience while navigating diverse cultural contexts and intergenerational dynamics. This work challenges conventional approaches by integrating perspectives from various cultural backgrounds and cross-cultural experiences, offering readers a deeper understanding of how emotions influence relationships, decision-making, and societal change. It is an indispensable resource for psychologists, researchers, educators, and practitioners aiming to expand their knowledge of emotions in a global context and apply innovative frameworks in their work. Through its synthesis of theory and practice, the handbook invites readers to rethink the emotional dimensions of human experience. It encourages the exploration of new paradigms that highlight the transformative potential of emotions and their ability to shape inclusive and emotionally intelligent communities. This volume is more than a collection of knowledge—it is a call to action for those who seek to understand and harness the transformative potential of emotions. Whether exploring the role of emotions in culturally diverse and transcultural understanding or their impact on personal growth, this handbook opens new pathways for academic inquiry and practical application, redefining how we perceive and engage with the emotional fabric of our world. Emotion science has progressed enormously in the last decade. For those wishing to get insight into the depth and breadth of this progress, this is a terrific, edited two-volume overview, brought together by two internationally recognised emotion researchers. It takes a biopsychosocial approach exploring the multiple dimensions of emotion science and how it can be applied to many different aspects of human life from therapy through to the organisation of communities. It will be a must-have book for anyone interested in understanding the complexities of emotions. Prof Paul Gilbert. PhD, FBPsS, OBE Centre for Compassion Research and Training College of Health, Psychology and Social Care,

