

The Emotional Brain The Mysterious Underpinnings Of Emotional Life

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INTERVIEW Our Emotional Life The Philosophy of Teaching The Story of the Mind The Foreign Quarterly Review The Contemporary Review The Westminster Review The Secret Life of Emotion: God's Emotional World A Manual of Psychological Medicine Modern Theories in Philosophy and Religion International Congress on Mental Hygiene Music The Windsor Magazine The Unitarian Review and Religious Magazine The Lancet Russia and Western Man Joseph Ledoux Sharon Begley Michael Lewis B. B. Warfield Henry Dupont Louis Scotti Arnold Tompkins James Mark Baldwin Roach Nick John Charles Bucknill John Tulloch Charles Lowe Walter Schubart
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what happens in our brains to make us feel fear love hate anger joy do we control our emotions or do they control us do animals have emotions how can traumatic experiences in early childhood influence adult behavior even though we have no conscious memory of them in the emotional brain joseph ledoux investigates the origins of human emotions and explains that many exist as part of complex neural systems that evolved to enable us to survive one of the principal researchers profiled in daniel goleman's emotional intelligence ledoux is a leading authority in the field of neural science in this provocative book he explores the brain mechanisms underlying our emotions mechanisms that are only now being revealed

this groundbreaking book by a pioneer in neuroscience brings a new understanding of our emotions why each of us responds so differently to the same life events and what we can do to change and improve our emotional lives if you believe most self help books you would probably assume that we are all affected in the same way by events like grief or falling in love or being

jilted and that only one process can help us handle them successfully from thirty years of studying brain chemistry davidson shows just why and how we are all so different just as we all have our own dna so we each have our own emotional style depending on our individual levels of dimensions like resilience attention and self awareness helping us to recognise our own emotional style davidson also shows how our brain patterns can change over our lives and through his fascinating experiments what we can do to improve our emotional responses through for example meditation deepening our understanding of the mind body connection as well as conditions like autism and depression davidson stretches beyond mainstream psychology and neuroscience and expands our view of what it means to be human

synthesizing decades of influential research and theory michael lewis demonstrates the centrality of consciousness for emotional development at first infants competencies constitute innate reactions to particular physical events in the child s world these action patterns are not learned but are readily influenced by temperament and social interactions with the rise of consciousness these early competencies become reflected feelings giving rise to the self conscious emotions of empathy envy and embarrassment and later shame guilt and pride focusing on typically developing children lewis also explores problems of atypical emotional development winner m william james book award society for general psychology apa division 1

in this insightful exploration of the humanity of jesus christ renowned theologian b b warfield examines the gospel accounts of jesus life to uncover the rich tapestry of emotions he experienced warfield carefully navigates the complexities of the incarnation seeking to understand how jesus divine nature interacted with his human emotions through a close analysis of specific passages warfield paints a vivid picture of a savior who fully embraced the human experience providing a foundation for understanding the depth of christ s love and compassion for humanity

the purpose of this book is to introduce mental health professionals to the emotional life interview that offers therapy to those with mental health problems in a more effective and time sensitive process it meets today s pressures to provide essential care at less cost the emotional life interview eli involves asking each client seven questions about five negative feelings and emotions fear anger shame guilt and sadness and six questions about two positive feelings and emotions pride and happiness the process takes the practitioner into the emotional life of a client as no other procedure does major sections of the book discuss feelings emotions and psychotherapy meaning arousal and the construction of emotions and the use of the eli in psychosocial treatment in addition nine complete chapters are devoted to case histories which illustrate how important feelings emotions and relationships are in mental health problems these case study interviews become conversations in which the clients reveal the character of their consciousness with respect to their emotional lives the eli questions presented in the case studies require clients to represent their thoughts and actions in words and to tell their emotional life stories in a manner that is itself therapeutic the life stories show in bold relief where changes are needed the emotional life interview provides a framework for emotional life education the

interview puts diagnosis and psychotherapy on the same continuum and makes therapy and emotional life education a viable healthcare option the book represents a valuable new tool for all clinical and counseling psychologists clinical social workers psychiatrists and primary care providers it will also serve as a resource in the helping professions welfare work and human services

while many books talk about understanding and controlling one's emotions very few are honest about how difficult it is to accomplish lou acknowledges the struggle we all have with our emotions and offers knowledge and insights gained through science research and his own personal experiences in order for us to control our emotions we must understand our emotions where they come from and how deeply they affect our life our emotional life pries opens the truth about our emotions with a direct no nonsense approach delving deep into what makes our emotions tick at the conscious and unconscious levels our brains architecture builds itself in early childhood and youth creating neural connections to key areas of the brain responsible for determining our ability to learn deal with stress develop meaningful relationships have confidence set and reach goals and how stress and negative early childhood experiences block these key neural connections leading to problems learning coping and developing confidence we will discuss our emotions and personalities the benefits and deficits of anger fear and happiness how to recognize emotions gone astray irrational thinking and counter productive behaviors that interfere with our ability to live productive lives with balanced emotions our emotional life will help us decrease our fixation on past experiences improve how we react to our thoughts and feelings decrease over worry and rumination decrease avoidance learn how our brain builds itself in early childhood and develops our emotions and personality understand the different ways to describe our personality and emotions increase awareness of your emotions where they come from and how they affect your life learn to understand how your personality communication style personal bias and beliefs affect your choices learn how stress changes your brain causing irrational thinking decreases emotional and impulse control leading to worry anxiety and depression learn to understand your emotional life and reduce stress anxiety and depression and increase confidence and emotional control decrease stress anxiety and depression overcome emotional barriers and personal restrictions learn to alter perceptions uncover negative beliefs and improve control over your emotions reducing stress anxiety and depression and living a richer more fulfilling life unbound from the false beliefs insecurities and lack of confidence that holds us back from being authentic improving our emotions is no easy task and our emotional life will not entertain you or take you down the rabbit hole nothing of value comes quickly we cannot be the best of ourselves without facing the worst of ourselves join lou on the path to emotional freedom control your emotions advance your thinking balance your behavior

this little book is a condensed summary of the knowledge acquired during the years since nick began his spiritual journey it follows the emotion from its initial conception through the maturation and on to its eventual demise nick goes on to describe how one can speed up the process so life can become the pleasure that is so often dreamed of

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