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Emotions Revealed: Understanding Faces and Feelings

Paul Ekman

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Whatever culture we come from, emotions play a huge role in our lives and in every relationship within them. Whether anger, joy, fear or sorrow, they can be incredibly powerful things - but can be equally hard to understand or control. In "Emotions Revealed", Paul Ekman draws on a lifetime's study to take the reader on a complete tour of the emotional self. Against a background of specially commissioned photographs and forceful news images from around the world, he examines and explains how, when and why we become emotional and how far we can change what we get emotional about; why we sometimes get emotional when others don't; how to recognise and understand the subtlest signs of emotion both in ourselves and other people; and much more. This stunning volume contains a test to find out how good you are at spotting emotions, exercises to improve your awareness of the bodily sensations involved in each emotion and an explanation of how to apply all this information to enhance your daily life.

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