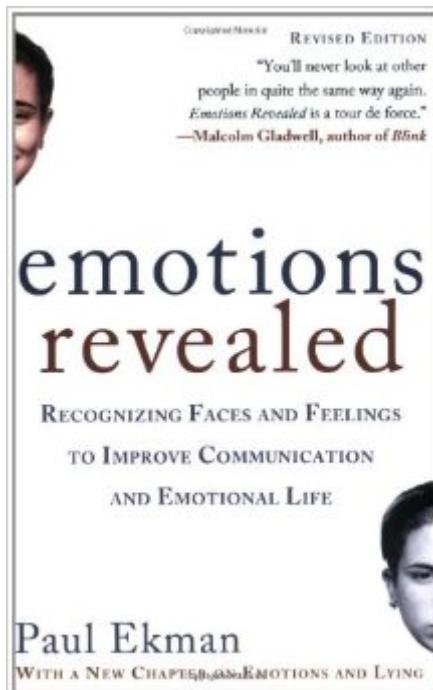


The book was found

Emotions Revealed, Second Edition: Recognizing Faces And Feelings To Improve Communication And Emotional Life



Synopsis

"A tour de force. If you read this book, you'll never look at other people in quite the same way again." •Malcolm Gladwell Renowned psychologist Paul Ekman explains the roots of our emotions •anger, fear, disgust, sadness, and happiness •and shows how they cascade across our faces, providing clear signals to those who can identify the clues. As featured in Malcolm Gladwell's bestseller Blink, Ekman's Facial Action Coding System offers intense training in recognizing feelings in spouses, children, colleagues, even strangers on the street. In Emotions Revealed, Ekman distills decades of research into a practical, mind-opening, and life-changing guide to reading the emotions of those around us. He answers such questions as: How does our body signal to others whether we are slightly sad or anguished, peeved or enraged? Can we learn to distinguish between a polite smile and the genuine thing? Can we ever truly control our emotions? Packed with unique exercises and photographs, and a new chapter on emotions and lying that encompasses security and terrorism as well as gut decisions, Emotions Revealed is an indispensable resource for navigating our emotional world.

Book Information

Paperback: 320 pages

Publisher: Holt Paperbacks; 2nd edition (March 20, 2007)

Language: English

ISBN-10: 0805083391

ISBN-13: 978-0805083392

Product Dimensions: 5.5 x 0.9 x 8.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars • See all reviews (141 customer reviews)

Best Sellers Rank: #13,678 in Books (See Top 100 in Books) #33 in Books > Self-Help > Emotions #57 in Books > Health, Fitness & Dieting > Mental Health > Emotions #186 in Books > Self-Help > Relationships > Interpersonal Relations

Customer Reviews

btw I'm Susan Gill's son. Dr Ekman has been getting a lot of attention lately, due to the fact that he is the scientific consultant for the new show on Fox "Lie to Me". The show is even based off of his science. In fact, it's the reason I got into this type of behavioral science. So if like me you want to strengthen your ability to catch liars or see hidden emotions in the face, this book is without a doubt your best bet. What makes this book so good is that Ekman includes pictures of every single

emotion, and describes them in detail so that you should know which emotion should be felt at which time. Pictures are abundant in each chapter for each specific emotion. On top of that, the book even has a test you can take to see how well you can read emotions before, and after you read the book. Another very helpful thing is that he even gives a negation signal people can make in the face called "mouth shrugs", and the difference between a mouth shrug and sadness. This was an issue if you've seen the "Moral Waiver", because it was hard to spot in that particular episode what exactly a mouth shrug looked like. In fact, I know what a mouth shrug looks like and I STILL have a harder time seeing what they did with it, so on that note this book is very useful. As for using it for lie detection, the extra chapter included in this edition is extremely useful. It describes the two types of errors a person can make when interpreting signals for lying, but not in so much detail that it kills you (I.E "Telling Lies"). It's almost as if it summarizes some of what "Telling Lies" says, so it's really good after you read "Telling Lies" to read that chapter if you're having any issues.

Point of the review

As a student in Neuroscience class, I read this book because its discussion about emotions corresponds to my research topic in Pseudobulbar Palsy. The central focus of this book, emotions, caught my attention since emotions are a huge part of our lives and we are constantly dealing with our own as well as other people's emotions everyday. Thus understanding better of emotions, I may be able to improve relationships with people in a more conscious way.

-----overall opinion of the book

I love how this book allows you to be able to reflect on yourself in terms of how you express emotions and how well you deal with them; as you're reading the book, you are slowly becoming aware of why certain people act a certain way (because of the impact of their emotional state) and being able to evaluate other people's emotions more accurately so that you can avoid conflicts to occur. This book is very practical to real life situations. I feel that reading this book definitely helped me to improve the quality of my emotional life in the sense that now I am more aware of my own and others' feelings through noticing the facial, vocal, and physical emotions expressed.

Style and structure of the book.

This book is written in first person by a professor, Dr. Paul Ekman, who has dedicated his research in emotions through scientific studies around the world.

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