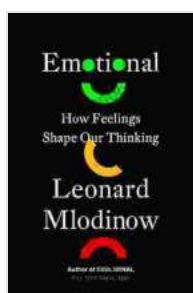


Emotional: How Feelings Shape Our Thinking

In this groundbreaking book, renowned psychologist Lisa Feldman Barrett reveals the extraordinary power of our emotions and how they shape our thinking, decision-making, and behavior. Through cutting-edge research and compelling case studies, Barrett shows that emotions are not simply reactions to events but rather active forces that construct our reality.



Emotional: How Feelings Shape Our Thinking

by Leonard Mlodinow

★★★★☆ 4.5 out of 5

Language : English
File size : 1544 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 273 pages



Drawing on the latest research in neuroscience, psychology, and evolutionary biology, Barrett argues that emotions are not hardwired responses to stimuli but rather constructed by our brains based on our past experiences and expectations. This means that we have the power to change our emotions by changing our thoughts and beliefs.

Barrett's research has far-reaching implications for our understanding of human nature and the way we live our lives. By understanding the power of

our emotions, we can learn to harness them for good and improve our mental and physical health, our relationships, and our overall well-being.

Praise for Emotional:

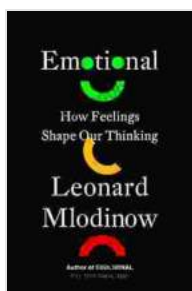
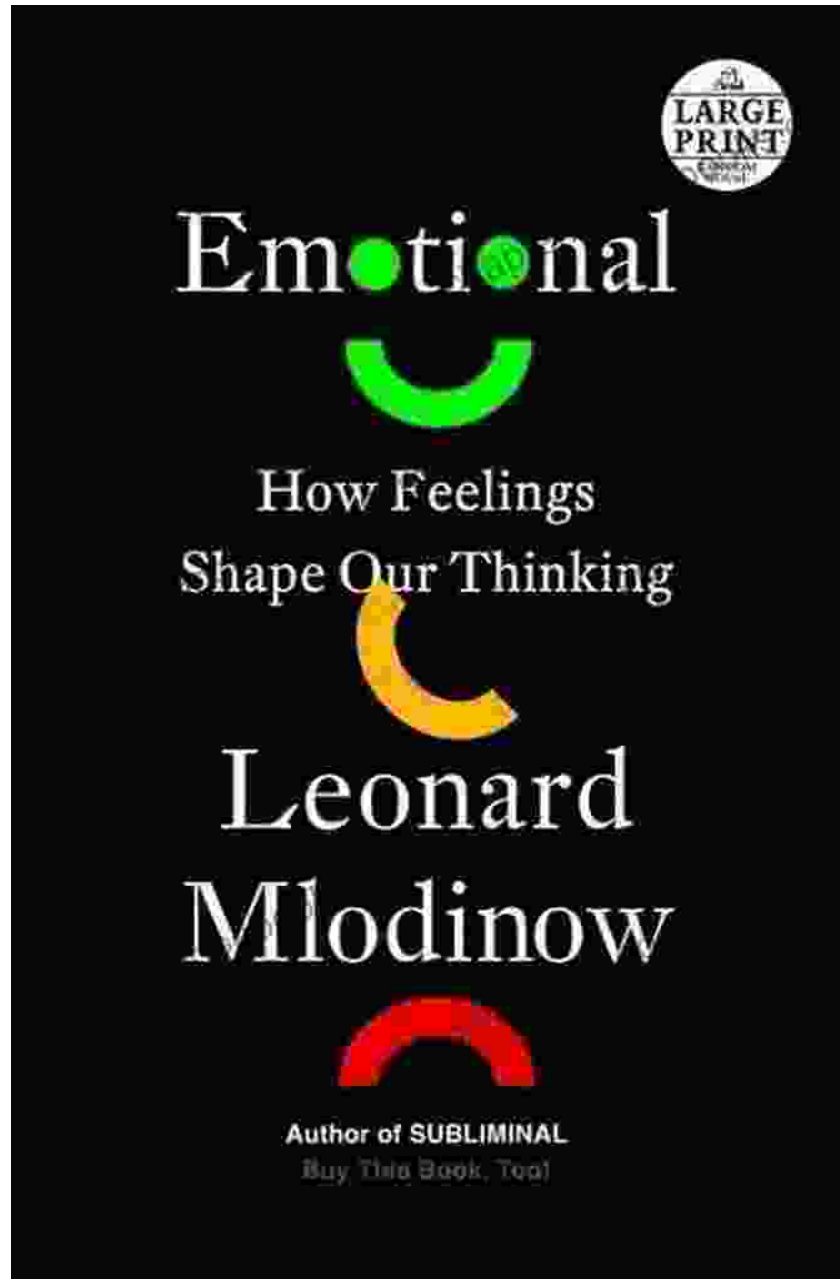
- "A groundbreaking book that will change the way we think about emotions." - Daniel Goleman, author of Emotional Intelligence
- "A must-read for anyone who wants to understand the power of emotions." - Arianna Huffington, founder and CEO of Thrive Global
- "Fascinating and thought-provoking. Barrett's research has the potential to revolutionize our understanding of human behavior." - Steven Pinker, author of The Language Instinct

About the Author:

Lisa Feldman Barrett is a University Distinguished Professor of Psychology at Northeastern University and the founding director of the Interdisciplinary Affective Science Laboratory. She is a leading expert on the psychology of emotion and has published over 200 scientific articles and several books on the topic. Her research has been featured in the New York Times, the Wall Street Journal, and the BBC.

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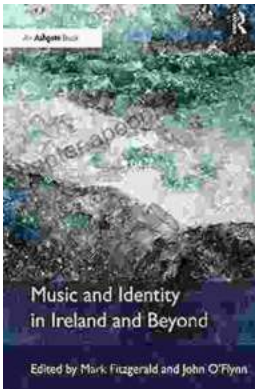
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