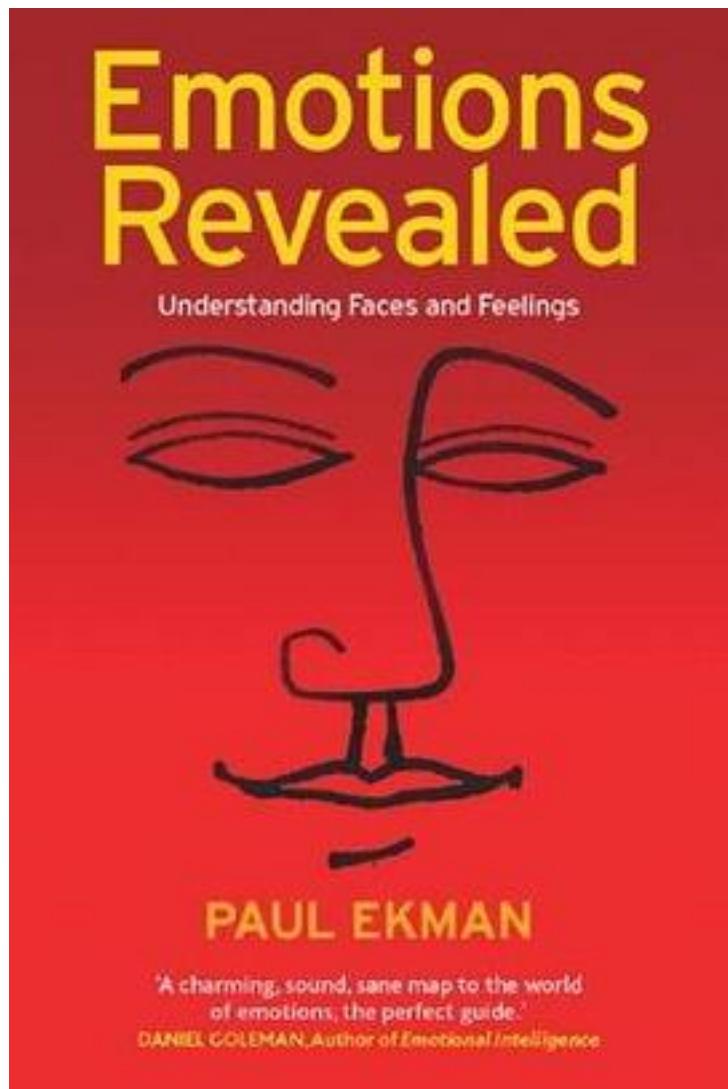


Emotions Revealed



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著者:Paul Ekman

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Using 40 years of groundbreaking research, Paul Ekman explores why and when we become emotional and what happens when we do - the external signs and facial expressions. So much of what we communicate is non-verbal. In this very practical book, Paul Ekman helps the reader to observe the underlying, concealed emotions that we can observe in those around us, and understand why our bodies react in the ways they do. EMOTIONS REVEALED also helps the reader to identify why they might feel 'overly' emotional in some situations, and why some people wear their heart on their sleeve whilst others manage to conceal their feelings, even from those close to them. Chapters include 'when do we get emotional?' 'Changing what we become emotional about' as well as 'Anger' 'Fear', 'Surprise' and 'Happiness'. Most importantly, it shows how we can apply this understanding to everyday situations to improve our quality of life.

作者介绍:

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