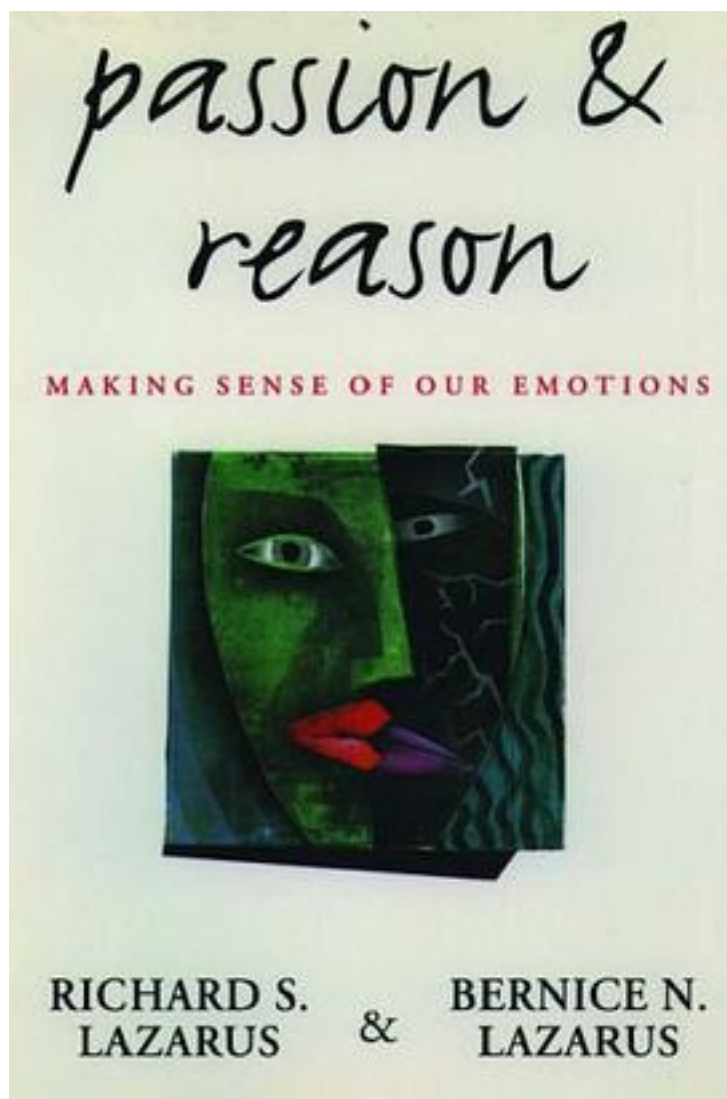


# Passion and Reason



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著者:Richard S. Lazarus

出版者:Oxford University Press, USA

出版时间:1996-04-11

装帧:Paperback

isbn:9780195104615

Lazarus draws on his four decades of pioneering research to bring readers the first book to move beyond both clinical jargon and "feel-good" popular psychology to really explain, in plain, accessible language, how emotions are aroused, how they are managed, and how they critically shape our views of ourselves and the world around us. With his co-author, writer Bernice Lazarus, Dr Lazarus explores the latest findings on the short and long-term causes and effects of various emotions, including the often conflicting research on stress management and links between negative emotions and heart disease, cancer, and other aspects of physical and psychological health. Lazarus makes a strong case that contrary to common assumption, emotions are not irrational -- our emotions and our analytical thought processes are inextricably linked. While not a "how-to" book, it does describe how readers can interpret what lies behind their emotions and those of their families, friends, and co-workers, and how to manage them more effectively. Exploring fifteen emotions in depth, from love to jealousy, the authors show how the personal meaning we give to the events and conditions of our lives triggers such emotions as anger, anxiety, guilt, and pride. Packed with insight and compellingly readable, *Passion and Reason* will enrich all readers fascinated by our emotional lives.

作者介绍:

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