

DOWNLOAD EXPLORING EMOTIONS FREE

Lotte Beaudouin

Exploring Emotions Introduction

Exploring Emotions

This practical book from Ros Bayley is designed to enable every practitioner to help children manage their emotions. This title looks at the whole range of emotions that children feel and enable any practitioner to help children recognise these emotions and talk about them. Brimming with ideas for using puppets, toys, pictures, games and stories this is a must-have book for any practitioner looking to manage the emotions of children in their care.

Mindful Me: Exploring Emotions: a Mindfulness Guide to Dealing with Emotions

Everyone notices the weather outside, right? But did you realise that weather occurs inside of you too? In fact, it is here right now... It's a hot and sunny Sports Day, but Abu's internal weather is different. He is feeling nervous and scared. For Abu, feeling nervous is like watching a storm approaching: it can be scary. Manisha's weather is different She feels angry. Anger is like a burning, hot sun. Kenton feels sad. For Kenton, sadness feels like a grey, drizzly day that seems to last forever. But they all soon discover that emotions are like the weather, changing throughout the day. Sometimes the weather feels pleasant; when we feel happy, relieved or excited. And sometimes it feels unpleasant; when we feel anger, sadness or frustration. But we don't have to worry about getting stuck with unpleasant emotions because, just like the weather outside, the weather inside will change too. This book teaches readers to enjoy the pleasant feelings when they are present, and remember that the unpleasant ones will pass. The four stories in the 'Mindful Me' series explore how a mindful attitude to life can enhance enjoyment, promote a sense of calm and confidence, and provide young people with a 'friend for life'. In this book, children are gently guided into mindfulness exercises that encourage an exploration of emotions. Mindfulness can help us to improve concentration, calm unpleasant emotions, and even boost our immune systems. The books can be used at home or in the classroom, for storytime or as part of the PSHCE curriculum. The other titles are: Breath by Breath: A Mindfulness Guide to Keeping Calm It's Beautiful Outdoors: A Mindfulness Guide to Noticing Nature Sleep Easy: A Mindfulness Guide to Getting a Good Night's Sleep

Feeling All the Feelings Workbook

A journal-like workbook for kids ages 6-9 with 100+ activities and practices designed to foster emotional awareness and regulation and explore the importance of every feeling. What does it mean to be calm? Happy? Grouchy? Even lonely? This workbook explores all those feelings and more, designed with fun, interactive, and playful illustrations and 100+ activities that guide kids through the many ups and downs of their emotions. Kids can: write a disappointment diary fill in their anger thermometer write their emotional observations in fluffy clouds perform a “jealousy diagnosis” on a page resembling a doctor’s clipboard find words in an emotion-based word search and more! Each emotion opens with questions—What is it? Why is it helpful? How do I recognize it?—prompting deeper thought about individual feelings (even those that kids might consider “bad”). In addition, young readers can learn mindfulness techniques such as using their senses to ground themselves, doing a body scan, or sitting silently and feeling gratitude for those who give them strength. With 19 emotions and tons of activities and reflections to explore, kids (and caregivers) can look forward to hours of engaging emotional exploration.

Methods of Exploring Emotions

Gathering scholars from different disciplines, this book is the first on how to study emotions using sociological, historical, linguistic, anthropological, psychological, cultural, and mixed approaches. Bringing together the emerging lines of inquiry, it lays foundations for an overdue methodological debate. The volume offers entrancing short essays, richly illustrated with examples and anecdotes, that provide basic knowledge about how to pursue emotions in texts, interviews, observations, spoken language, visuals, historical documents, and surveys. The contributors are respectful of those being researched and are mindful of the effects of their own feelings on the conclusions. The book thus touches upon the ethics of research in vivid first person accounts. Methods are notoriously difficult to teach—this collection fills the gap between dry methods books and students' need to know more about the actual research practice.

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Exploring Emotions A Comprehensive Guide

Exploring Emotions: A Comprehensive Guide

Introduction: In the tapestry of human experience, emotions are the vibrant threads that weave together the intricate narrative of our lives. Authored by Harshwardhan Soni, "Exploring Emotions: A Comprehensive Guide" invites readers on an enlightening journey through the intricate labyrinth of emotions, offering a holistic understanding of the various facets that shape our emotional landscapes.

Overview: This comprehensive guide serves as a compass, navigating readers through the profound realms of emotions with clarity and depth. Harshwardhan Soni delves into the heart of the human psyche, unraveling the complexities and nuances of emotions, making the book an invaluable resource for both the seasoned explorer of the mind and those embarking on the path of self-discovery.

Key Features:

- In-depth Exploration:** "Exploring Emotions" goes beyond the surface, providing readers with an in-depth exploration of the vast spectrum of human emotions. From the subtle nuances of joy to the depths of sorrow, the book leaves no emotional stone unturned.
- Interdisciplinary Approach:** Harshwardhan Soni employs an interdisciplinary approach, drawing insights from psychology, philosophy, spirituality, and more. This unique blend offers readers a well-rounded perspective, enriching their comprehension of emotions from various angles.
- Practical Insights:** The guide doesn't just delve into theoretical concepts; it offers practical insights and actionable steps. Readers will find tools and exercises to enhance emotional intelligence, fostering personal growth and resilience.
- Cultural Sensitivity:** Recognizing the diverse ways emotions are expressed across cultures, the book embraces cultural sensitivity. It acknowledges the influence of cultural backgrounds on emotional experiences, adding a layer of inclusivity to the exploration.
- Spiritual Reflections:** For those seeking a spiritual dimension to their understanding of emotions, "Exploring Emotions" incorporates reflections on the spiritual aspects of the human experience. It invites readers to contemplate the connection between emotions and the broader tapestry of existence.

Target Audience: This guide is crafted for a broad audience—whether you are a psychology enthusiast, a student of philosophy, a seeker on a spiritual journey, or simply someone intrigued by the complexities of the human mind and heart. The accessible language and comprehensive approach make it a valuable companion for anyone keen on exploring the depths of human emotions.

Conclusion: "Exploring Emotions: A Comprehensive Guide" is not just a book; it is an invitation to embark on a journey of self-discovery, empathy, and understanding.

Harshwardhan Soni, with his expertise and passion, has crafted a guide that transcends traditional boundaries, offering readers a profound exploration of the emotional landscapes that shape our lives. This book stands as a beacon, guiding readers through the intricate terrain of emotions, fostering a deeper connection with oneself and others.

Exploring Emotions

Everyone has different feelings about Track and Field Day at school. Sally is excited, Mateo feels nervous, Manisha feels angry, Caleb feels sad, and Tom feels relieved. But they all discover that emotions are like weather. Sometimes the weather feels pleasant and sometimes unpleasant. And just like the weather outside, the weather inside will change too. This book helps children notice and enjoy pleasant feelings and remember that unpleasant ones will pass.

Exploring Emotions in Social Life

This volume presents a broad range of studies on a variety of emotions from social scientific perspectives. Bringing together scholars from disciplines including sociology, psychology, anthropology and philosophy, it examines emotions including desire, empathy, freedom, happiness, hate, disgust, humiliation, guilt, unemotionality and despair, exploring the main facets of these emotions and considering the ways in which they are manifested and folded into our cultural and social lives. It will therefore appeal to scholars across the social sciences with interests in emotion, affect and contemporary culture.

Exploring Emotions, Aesthetics and Wellbeing in Science Education Research

This book addresses new research directions focusing on the emotional and aesthetic nature of teaching and learning science informing more general insights about wellbeing. It considers methodological traditions including those informed by philosophy, sociology, psychology and education and how they contribute to our understanding of science education. In this collection, the authors provide accounts of the underlying ontological, epistemological, methodological perspectives and theoretical assumptions that inform their work and that of others. Each chapter provides a perspective on the study of emotion, aesthetics or wellbeing, using empirical examples or a discussion of existing literature to unpack the theoretical and philosophical traditions inherent in those works. This volume offers a diverse range of approaches for anyone interested in researching emotions, aesthetics, or wellbeing. It is ideal for research students who are confronted with a cosmos of research perspectives, but also for established researchers in various disciplines with an interest in researching emotions, affect, aesthetics, or wellbeing.

Exploring Feelings for Young Children with High-Functioning Autism or Asperger's Disorder

Young children with autism have particular difficulty in understanding and controlling their emotions, especially when those emotions are negative. This practical manual for professionals provides a set of simple strategies to help children with high-functioning autism or Asperger's syndrome who suffer from mood difficulties to decrease negative feelings and increase positive feelings in daily life. Using a Cognitive Behavioral Therapy approach, The Stress and Anger Management Program (STAMP) is designed specifically for young children in their pre-school and early school years. The book outlines a 9-session group program using methods, games and activities that are developmentally appropriate. Treatment components include affective education, cognitive restructuring, social and group stories, and the emotional toolbox. The group therapy can be tailored for individual therapy when needed. A parental component is also included to support practice at home and promote generalization outside of the classroom or therapy setting. This is a dynamic and effective resource for professionals working with young children with autism spectrum disorders including teachers, guidance counselors, psychologists, speech therapists, behavioral therapists,

occupational therapists, and social workers.

Exploring Feelings

Winner of a 2008 Teachers' Choice Award! Many children, especially those with developmental delays, have trouble understanding or expressing their feelings. The result can be difficulty with anger management. Listing possible responses to situations - and the likely outcome of each one - allows the child to make informed decisions about which responses to choose (walking away vs. hitting). This book provides a guide for caregivers and then the workbook portion asks children to identify situations that trigger their anger and find appropriate ways to respond. Helpful topics include: Overview of the Exploring Feelings Program Introduction to Cognitive Behaviour Therapy Modifications to Conventional Cognitive Behaviour Therapy Affective Education Cognitive Restructuring Comic Strip Conversations The Emotional Toolbox Additional Tools for the Toolbox Social Stories Research Evidence on the Effectiveness of Exploring Feelings

Games and Activities for Exploring Feelings with Children

This is a fun, imaginative and creative resource designed to help children aged 7--13 get thinking and talking about their feelings and the issues that affect their lives. It is packed full with games and activities that help children explore their emotions and express themselves positively. Activities surrounding issues such as peer relationships and friendships, bullying, offending, participation and citizenship are designed to build self-esteem, raise aspirations and increase motivation. They will also enhance emotional well-being and develop protective behaviours, encouraging children to speak out rather than act out, and helping to keep them safe and happy. This is an ideal resource for all those working with children and looking for new and exciting ideas for games and activities, including teachers, youth workers, social workers and counsellors.

Exploring Emotion in Reformation Scotland

This book investigates emotion in early modern Scotland, and provides the first exploration of a Scottish individual's life and writing in light of the recent major advances in the study of emotion. It does this through the example of James Melville, a minister in the Reformed Protestant Church, whose autobiographical writing provides one of the earliest and fullest opportunities to explore the emotional world and range of experiences of an individual, offering the chance for a more rounded analysis of emotional experiences and language than has ever been offered for Scotland at the time. This book contributes a crucial new geographical and cultural context to the expanding world of the history of emotions in the early modern period.

Exploring Feelings

If you have difficulty understanding what you and those around you are feeling, as people with autism and Asperger's Syndrome often do, the world can be a confusing and frustrating place.

The Passionate Muse

The emotions a character feels--Hamlet's vengefulness when he realizes his uncle has killed his father, Anna Karenina's despair when she feels she can no longer sustain her life, Marcel's joy when he tastes a piece of madeleine cake--are vital aspects of the experience of fiction. As Keith Oatley points out, it's not just the emotions of literary characters such as these in which we are interested. If we didn't ourselves experience emotions, we wouldn't go to the play, or watch the film, or read the book. In *The Passionate Muse*, Oatley, who is both a prize-winning novelist and a distinguished research psychologist, offers a hybrid book that alternates sections of an original short story, "One Another," with chapters that illuminate the psychology of emotion and fiction. Oatley not only provides insight into how people engage in stories, he also illuminates

the value of emotion and the importance of stories for our psychological well-being. Indeed, he offers evidence that the more fiction we read, the better is our understandings of others. Through fiction, we come to know more about the emotions of others and ourselves.

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Exploring Emotions in Turkey-Iran Relations

This book explores emotional-affective implications of partnership and rivalry in Turkey-Iran relations. The main proposition of this research underlines the theoretical need to reconnect psycho-social conceptualizations of “emotionality,” “affectivity,” “normativity,” and “relationality.” By combining key theoretical findings, the book offers a holistic conceptual framework to better analyze emotional-affective configuration of relational rules and roles in trans-governmental neighborhood interactions. The empirical chapters look at four consecutive periods extending from the end of First World War (November 1918) to the resuscitation of US sanctions against Iran (November 2018). In each episode, global-regional contours and dyadic dynamics of Ankara-Tehran relationship are examined critically. The century-long history of emotional entanglements and affective arrangements exposes complex patterning of “feeling rules.” Two countervailing constellations still reign over relational narratives. While the 1514 Çald?ran war myth reproduces sectarian resentment and confrontational climate, the 1639 Kasr-? ?irin peace story reconstructs secular sympathy and collaborative atmosphere in Turkish-Iranian affairs.

50 Fantastic Ideas for Exploring Emotions

The '50 Fantastic Things' series is a no nonsense, ideas bank ... no frills, just 50 examples of great ideas already in practice Ideal for the busy practitioner they offer a a 'dip in' approach to accessing ideas that they may not have thought of. Simple inspiring ideas is just what they need to reignite their enthusiasm.

Feeling Angry

Examines the nature, causes and effects pf anger and discusses how to deal with it.

Empowering Your Pupils Through Role-Play

It can be hard to get children to talk about their feelings... Empowering Your Pupils through Role-play reveals the power of role-play in creating a safe space for students to explore emotions and build resilience through performance, discussion and the sharing of ideas, whilst enabling teachers to meet curriculum

outcomes. Designed to enhance personal development, the practical activities help students become effective communicators and active investigators. Working independently of the teacher, students collaborate with their classmates to build trust, and can be actively involved in group activities, or take part as observers and commentators. Children know and understand about values by experiencing them, and throughout this book, there are opportunities for teachers to involve their pupils in: Performing Writing Directing Drawing Designing Building The activities in Empowering you Pupils through Role-play are challenging and designed to move students towards becoming alert and responsible young adults, actively able to engage with others and equipped with the skills to develop relationships and trust. The extensive role-play toolbox contains warm-up games, tips on writing and activities for mime, movement and improvisation. Teachers of children aged 4-11 with an interest in Personal, Social and Health Education will find this a practical and inspirational text. Rosanna Morales is an experienced author and teacher.

Exploring Emotions

Exploring Emotions takes a close look at feelings, behaviors, and relationships through the eyes of young people. Thought-provoking questions and peer responses help readers learn ways to cope with real-life emotional situations.

When I Am Feeling

BIG FEELINGS CAN TAKE YOUR BREATH AWAY. HOW ARE YOU FEELING TODAY? Like a COURAGEOUS bear feeling fearless climbing up a tall tree, an ANGRY bee feeling agitated in the garden or a TIRED puppy feeling sleepy snoozing on a blanket. You can explore twenty-eight creatures that depict various emotions and feelings. When I am Feeling is a book that explores emotions and feelings with the clever use of animal characters and their attributes. Happiness, Courage, Anger, Exhaustion, Love, Sadness and Fear are each represented by four different feelings. The visually rich, colourful images of these animals and landscapes capture the essence of the emotions and feelings explored. The text and illustrations are relatable to all learners including, visual learners such as children on the Autism Spectrum. When I am Feeling encourages conversations and discussions with children and adults about the many feelings they experience throughout the day and life. As an educational tool the language is simple, direct and affirming. When I am Feeling provides the opportunity to explore and explain that emotions or messages children get from their bodies are connected with their feelings. Feelings whether positive or negative are all ok to experience and can manifest in different ways. These explorations and conversations can teach children how to work on being proactive in responding to their emotions instead of reactive. When I am Feeling is a terrific social-emotional tool for children, adults, educators and therapists.

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This book addresses new research directions focusing on the emotional and aesthetic nature of teaching and learning science informing more general insights about wellbeing. It considers methodological traditions including those informed by philosophy, sociology, psychology and education and how they contribute to our understanding of science education. In this collection, the authors provide accounts of the underlying ontological, epistemological, methodological perspectives and theoretical assumptions that inform their work and that of others. Each chapter provides a perspective on the study of emotion, aesthetics or wellbeing, using empirical examples or a discussion of existing literature to unpack the theoretical and philosophical traditions inherent in those works. This volume offers a diverse range of approaches for anyone interested in researching emotions, aesthetics, or wellbeing. It is ideal for research students who are confronted with a cosmos of research perspectives, but also for established researchers in various disciplines with an interest in researching emotions, affect, aesthetics, or wellbeing.

Banned Emotions

Who benefits and who loses when emotions are described in particular ways? How do metaphors such as "hold on" and "let go" affect people's emotional experiences? *Banned Emotions*, written by neuroscientist-turned-literary scholar Laura Otis, draws on the latest research in neuroscience and psychology to challenge popular attempts to suppress certain emotions. This interdisciplinary book breaks taboos by exploring emotions in which people are said to "indulge": self-pity, prolonged crying, chronic anger, grudge-bearing, bitterness, and spite. By focusing on metaphors for these emotions in classic novels, self-help books, and popular films, *Banned Emotions* exposes their cultural and religious roots. Examining works by Dante, Dickens, Dostoevsky, Kafka, Forster, and Woolf in parallel with *Bridesmaids*, *Fatal Attraction*, and *Who Moved My Cheese?*, *Banned Emotions* traces pervasive patterns in the ways emotions are represented that can make people so ashamed of their feelings, they may stifle emotions they need to work through. The book argues that emotion regulation is a political as well as a biological issue, affecting not only which emotions can be expressed, but who can express them, when, and how.

Forest of Feelings

Based upon a scenario in which Ben is called to the 'Forest of Feelings' by Rusalka, its guardian, this volume explores Ben's responses to situations that help him to explore the whole range of feelings. Teacher's notes are included to help professionals understand how children really feel.

Neuroscience

The idea that the brain should be treated as an impenetrable black box that should be deemed irrelevant in behavioral experiments severely limited the explanatory power of the behavioral model. Cognitive psychology was a breath of fresh air allowing the investigation and elaboration of the multitude of brain dependent cognitive processes. It was after the formation of cognitive neuroscience that cognitive psychologists once again began the study of emotions. The field of cognitive neuroscience, as the name suggests, was the natural and inevitable combination of the separate disciplines of cognitive psychology and neuroscience. Basic or core emotions, such as fear, and anger, are universal, short-lasting, extremely powerful, and phylogenetically ancient emotions. They lie below the cortex, run on unconscious dedicated neural pathways, and have no involvement with cognition. On the other hand, complex emotions, like jealousy and hate, can last over a long period. Something like happiness, a basic emotion, is accepted by now to be universal, cross-cultural, innate, short-lived, with characteristic facial expressions, with a characteristic behavioral response and most definitely associated with a subjective emotional experience. This new book by Natalie Brooks, the bestselling author of "Neuroplasticity" and "Cognitive Behavioral Therapy," sheds light on what is going on in our brains when we think, make decisions, fall in love, get overwhelmed by emotions, and sleep.

Mixed Feelings and Vexed Passions

A ground-breaking collection exploring the rich array of emotions in biblical literature An international team of Hebrew Bible and New Testament scholars offers incisive case studies of passions displayed by divine and human figures in the biblical texts ranging from joy, happiness, and trust to grief, hate, and disgust. Essays address how biblical characters' feelings affect their relationship with God, one another, and the world and how these feelings mix together, for good or ill, for flourishing or vexation. Deeply engaged with both ancient and modern contexts, including the burgeoning interdisciplinary study of emotion in the humanities and sciences, these essays break down the artificial divide between reason and passion, cognition and emotion, thought and feeling in biblical study. Features Case studies drawn from multiple genres across the Bible: narrative, prophets, poetry, wisdom, Gospels, and letters Helpful select bibliographies of interdisciplinary resources at the end of each essay Critical balance between theory and practice and between method and close textual analysis Distinctive ancient Hebrew and Greek uses of emotional terms and concepts compared with each other and with evolving understandings in Western culture

The Art of Emotional Healing

Feelings either flow naturally, like a river, or get dammed up. If our emotions become blocked, we can become tense, unhappy, anxious, or depressed. This book offers simple techniques for using art to embrace, understand, and release our emotions so that we can experience a greater sense of well-being in our lives. In *The Art of Emotional Healing*, Lucia Capacchione presents the simple yet powerful methods she uses in her internationally acclaimed workshops, showing us how to reach inside and let our feelings out through drawing, painting, journal writing, collage making, sculpting, drumming, dancing, mask making, and more. No artistic talent or skill is required, only a desire to let go of self-criticism and discover how we really feel.

Emotions and Personhood

Emotions and personhood are important notions within the field of mental health care. How they are related is less evident. This book provides a framework for understanding the important and complex relationship between our emotional wellbeing and our sense of self, drawing on psychopathology, philosophy, and phenomenology.

The Book of Emotions

This highly innovative new book reconsiders the structure of basic emotions, the self and the mind. It clinically covers mental disorders, therapeutic interventions, defense mechanisms, consciousness and personality and results in a comprehensive discussion of human responses to the environmental crisis. For openers, a novel psychodynamic model of happiness, sadness, fear and anger is presented that captures their object relational features. It offers a look through the eyes of these specific emotions and delineates how they influence the interaction with other persons. As regulation of the emotional state is the core task of the self, dysregulation can lead to mental disorders. Clinical cases of post-traumatic stress disorder, obsessive compulsive disorder and depression are discussed, using the model to outline the emotional turbulence underneath. Finally, the elaborated theory is used to analyse personal responses to the environmental crisis and political strategies that capitalise on them. This book will appeal to scholars, psychotherapists and psychiatrists with an interest in emotions and who wish to challenge their own implicit theory of emotion with an explicit new model. It will also be of interest for academic researchers and professionals in fields where emotional processes play a pivotal role.

Exploring the Emotional Life of the Mind

Taking a critical approach that considers the role of power, and resistance to power, in teachers' affective lives, Sarah Benesch examines the relationship between English language teaching and emotions in postsecondary classrooms. The exploration takes into account implicit feeling rules that may drive institutional expectations of teacher performance and affect teachers' responses to and decisions about pedagogical matters. Based on interviews with postsecondary English language teachers, the book analyzes ways in which they negotiate tension—theorized as emotion labor—between feeling rules and teachers' professional training and/or experience, in particularly challenging areas of teaching: high-stakes literacy testing; responding to student writing; plagiarism; and attendance. Discussion of this rich interview data offers an expanded and nuanced understanding of English language teaching, one positing teachers' emotion labor as a framework for theorizing emotions critically and as a tool of teacher agency and resistance.

Emotions and English Language Teaching

Packed with illustrations, this book enables individuals to 'draw' a picture of themselves emotionally through a series of exercises. It is suitable for all ages from 12 and beyond and ideal for individuals, couples, groups and all who wish to go deeper in understanding their emotional strengths and areas for development.

My Blob Feelings Workbook

This book explores emotional-affective implications of partnership and rivalry in Turkey-Iran relations. The main proposition of this research underlines the theoretical need to reconnect psycho-social conceptualizations of “emotionality,” “affectivity,” “normativity,” and “relationality.” By combining key theoretical findings, the book offers a holistic conceptual framework to better analyze emotional-affective configuration of relational rules and roles in trans-governmental neighborhood interactions. The empirical chapters look at four consecutive periods extending from the end of First World War (November 1918) to the resuscitation of US sanctions against Iran (November 2018). In each episode, global-regional contours and dyadic dynamics of Ankara-Tehran relationship are examined critically. The century-long history of emotional entanglements and affective arrangements exposes complex patterning of “feeling rules.” Two countervailing constellations still reign over relational narratives. While the 1514 Çaldıran war myth reproduces sectarian resentment and confrontational climate, the 1639 Kasr-ı Şirin peace story reconstructs secular sympathy and collaborative atmosphere in Turkish-Iranian affairs.

Exploring Emotions in Turkey-Iran Relations

Everyone has different feelings all the time. From happy to sad, excited to bored, this delightful lift-the-flap book explores children’s many moods. While showing children that it’s okay to accept and trust their feelings and express what’s going on inside, it also teaches them to consider their reactions and why they happen. All Kinds of Feelings offers an accessible, creative approach to exploring emotions, concluding with a spinner game that allows children to draw on a wipe-clean board—making the learning all the more fun.

All Kinds of Feelings

Examines the nature and value of friendship and how it can have its ups and downs.

Being Friends

Draw on Your Emotions is a bestselling resource to help people of all ages express, communicate and deal more effectively with their emotions through drawing. Built around five key themes, each section contains a simple picture exercise with clear objectives, instructions and suggestions for development. The picture activities have been carefully designed to help ease the process of both talking about feelings and exploring life choices, by trying out alternatives safely on paper. This will help to create clarity and new perspectives as a step towards positive action. Offering a broad range of exercises which can be adapted for any ability or age from middle childhood onwards, this unique book explores a range of emotions surrounding a person’s important life experiences, key memories, relationships, best times, worst times and who they are as a person. This is an essential resource for therapists, educators, counsellors and anyone who engages other people in conversations that matter about their relationship to self, others and life in general. This revised and updated second edition also contains a new section on how to use the superbly emotive The Emotion Cards (9781138070981) to facilitate deeper therapeutic conversations.

Draw on Your Emotions

This book addresses the distinct representations of emotions in non-fictional texts from the seventeenth to the mid-nineteenth century (1600-1850). Focusing on memoirs, autobiographies, correspondences and conduct manuals, it argues that in those writings, passions and emotions are differently expressed than in fiction. It also offers a comparative study of texts from cultures as diverse as English, French, Korean and Chinese, and of emotions in relation to genre, identity, and morality during significant cultural transformation of the early modern period. This book is distinctive in its choice of non-fictional genres, its period, and its cross-cultural approach. It can benefit scholars interested in exploring emotion as a historical and cultural product, and in enriching their knowledge of an emerging scholarly direction: studies in self-narratives (autobiography,

memoirs, dream narratives, letters, etc.) often insufficiently explored in earlier historical periods.

Emotions in Non-Fictional Representations of the Individual, 1600-1850

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