

Passion And Reason Making Sense Of Our Emotions

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Passion And Reason Making Sense

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Passion and Reason: Making Sense of Our Emotions. When Oxford published Emotion and Adaptation, the landmark 1991 book on the psychology of emotion by internationally acclaimed stress and coping expert Richard Lazarus, Contemporary Psychology welcomed it as "a brightly shining star in the galaxy of such volumes."

Passion and Reason: Making Sense of Our Emotions by ...

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Now, in Passion and Reason, 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 ...

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Passion and Reason: Making Sense of Our Emotions Richard S. Lazarus , Bernice N. Lazarus When Oxford published Emotion and Adaptation, the landmark 1991 book on the psychology of emotion by internationally acclaimed stress and coping expert Richard Lazarus, Contemporary Psychology welcomed it as "a brightly shining star in the galaxy of such volumes."

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Passion and Reason : Making Sense of Our Emotions Paperback – January 1, 1994 by RICHARD S./ LAZARUS (Author)

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Passion and Reason: Making Sense of Our Emotions - Richard ...

Passion and Reason describes how readers can interpret what lies behind their own emotions and those of their families, friends, and co-workers. While not intended as a how-to book, its treatment of the emotions, the situations that arouse them, and how people deal with them still provides useful ideas about how to manage our emotions more effectively.

Passion and reason : making sense of our emotions ...

This linkage makes it possible to understand each emotion with precision. *Passion and Reason* describes how readers can interpret what lies behind their own€ Making Sense of Our Emotions Richard S. Lazarus, Bernice N. Lazarus. various natural stimuli. In G. Serban Ed., *Psychopathology of human adaptation*.

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Lazarus, R., & Lazarus, B. (1994). Passion and Reason ...

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.

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Richard Lazarus - Wikipedia

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