

The Emotional Foundations Of Personality A Neurobiological And Evolutionary Approach

A new framework for the neuroscientific study of emotions in humans and animals The Neuroscience of Emotion presents a new framework for the neuroscientific study of emotion across species. Written by Ralph Adolphs and David J. Anderson, two leading authorities on the study of emotion, this accessible and original book recasts the discipline and demonstrates that in order to understand emotion, we need to examine its biological roots in humans and animals. Only through a comparative approach that encompasses work at the molecular, cellular, systems, and cognitive levels will we be able to comprehend what emotions do, how they evolved, how the brain shapes their development, and even how we might engineer them into robots in the future. Showing that emotions are ubiquitous across species and implemented in specific brain circuits, Adolphs and Anderson offer a broad foundation for thinking about emotions as evolved, functionally defined biological states. The authors discuss the techniques and findings from modern neuroscientific investigations of emotion and conclude with a survey of theories and future research directions. Featuring color illustrations throughout, The Neuroscience of Emotion synthesizes the latest in neuroscientific work to provide deeper insights into how emotions function in all of us.

If you're lucky, your dog is an older dog, and you have shared many happy years with him by your side. As they grow older, dogs' needs change, and they may not be as mentally, physically, or emotionally robust as they once were. Older dogs are a joy and a privilege to

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care for, with opportunities to further strengthen your relationship as you adapt to their changing needs. This book, part of the No Worries! series, encourages you to consider your dog's individuality, and adapt or introduce activities that help maintain his mental agility, emotional resilience, and physical health. Drawing upon the latest research to provide ideas for maximising your dog's well-being as he ages, the individual chapters allow you to develop your own care plan for your dog, to incorporate new or amended ideas into your daily routine, and to make simple changes to your home, garden, car, and walks, to ensure your older dog is happy, safe, and invigorated.

The nature of well-being is one of the most enduring and elusive subjects of human inquiry. Well-Being draws upon the latest scientific research to transform our understanding of this ancient question. With contributions from leading authorities in psychology, social psychology, and neuroscience, this volume presents the definitive account of current scientific efforts to understand human pleasure and pain, contentment and despair. The distinguished contributors to this volume combine a rigorous analysis of human sensations, emotions, and moods with a broad assessment of the many factors, from heredity to nationality, that bear on our well-being. Using the tools of experimental science, the contributors confront the puzzles of human likes and dislikes. Why do we grow accustomed and desensitized to changes in our lives, both good and bad? Does our happiness reflect the circumstances of our lives or is it determined by our temperament and personality? Why do humans acquire tastes for sensations that are initially painful or unpleasant? By examining the roots of our everyday likes and dislikes, the book also sheds light on some of the more extreme examples of attraction and aversion, such as addiction and depression. Among its wide ranging inquiries, Well-Being examines systematic

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differences in moods and behaviors between genders, explaining why women suffer higher rates of depression and anxiety than men, but are also more inclined to express positive emotions. The book also makes international comparisons, finding that some countries' populations report higher levels of happiness than others. The contributors deploy an array of methods, from the surveys and questionnaires of social science to psychological and physiological experiments, to develop a comprehensive new approach to the study of well-being. They show how the sensory pleasures of the body can tell us something about the higher pleasures of the mind and even how the effectiveness of our immune system can depend upon the health of our social relationships.

This book presents a novel conceptualisation of universal information processing systems based on studies of environmental interaction in both biological and non-biological systems. This conceptualisation is used to demonstrate how a single overarching framework can be applied to the investigation of human learning and memory by considering matter and energy pathways and their connections. In taking a stance based on everyday interactions, as well as on scientific practices, the conceptualisation is used to consider educational theories and practices, exemplified by the widely cited cognitive load theory. In linking these theories and practices more closely to scientific thinking, the book embraces an holistic approach to informational interactions, not limited to conceptualisations of pattern, signal or meaning. The book offers educational researchers and educators an opportunity to re-think their approach to instruction – to take all facets of student learning environments into account in increasing human knowledge, skills and experiences across society.

Hardly anything in psychology is as irking as the trait concept. Psychologists and laypersons

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alike use primarily adjective trait-names to characterize and even conceptualize the individuals they encounter. There are more than a hundred well-defined personality traits and a great many questionnaires for their assessment, some of which are designed to assess the same or very similar traits. Little is known about their ontogenetic development and even less about their underlying dynamics. Psychoanalytic theory was invoked for explaining the psychodynamics underlying a few personality traits without, however, presenting sufficient empirical evidence for the validity of these interpretations. In a reductionistic vein, behaviorally inclined psychologists have propounded the thesis that all traits are acquired behaviors. Yet, this view neither reduces the number of personality tests nor explains the resistance of traits to modification by means of reward and punishment. Dissatisfied with these and some other less well-known approaches to personality traits, we decided to explore whether applying our psychosemantic theory of cognition to the trait concept would do better. The way we had to follow was anything but easy.

Psychological Foundations of Education presents some of the principles of psychology that are relevant to learning and teaching. It presents an alternative answer to the problem of the bifurcation of general and educational psychology in the curriculum of teacher preparation. While the solution is provisional and has obvious imperfections, it is offered in the hope that it may stimulate discussion of the problem and other solutions and/or explicit justifications for past practice. Key concepts discussed include teachers' attitudes and behavior, different types of learning, technology in education, forgetting and extinction, child development, and intelligence measurements. Also covered are the assessment of educational achievement, the social psychology of the classroom, and education in urban schools. This text should have a

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variety of uses in classes where students are preparing for teaching. It was written specifically for those situations in which the prospective teacher is introduced to psychology through a one- or two-semester integrated sequence.

A CHOICE Magazine Outstanding Academic Title of 2018. A novel approach to understanding personality, based on evidence that we share more than we realize with other mammals. This book presents the wealth of scientific evidence that our personality emerges from evolved primary emotions shared by all mammals. Yes, your dog feels love—and many other things too. These subcortically generated emotions bias our actions, alter our perceptions, guide our learning, provide the basis for our thoughts and memories, and become regulated over the course of our lives. Understanding personality development from the perspective of mammals is a groundbreaking approach, and one that sheds new light on the ways in which we as humans respond to life events, both good and bad. Jaak Panksepp, famous for discovering laughter in rats and for creating the field of affective neuroscience, died in April 2017. This book forms part of his lasting legacy and impact on a wide range of scientific and humanistic disciplines. It will be essential reading for anyone trying to understand how we act in the world, and the world's impact on us.

Electronic Inspection Copy available here Revisiting the Classic Studies is a series of texts that introduces readers to the studies in psychology that changed the way we think about core topics in the discipline today. It provokes students to ask more interesting and challenging questions about the field by encouraging a deeper level of engagement both with the details of the studies themselves and with the nature of their contribution. Edited by leading scholars in their field and written by researchers at the cutting edge of these developments, the chapters

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in each text provide details of the original works and their theoretical and empirical impact, and then discuss the ways in which thinking and research has advanced in the years since the studies were conducted. Revisiting the Classic Studies in Developmental Psychology traces 14 ground-breaking studies by researchers such as Harlow, Meltzoff & Moore, Kohlberg and Bandura to re-examine and reflect on their findings and engage in a lively discussion of the subsequent work that they have inspired. Suitable for students on developmental psychology courses at all levels, as well as anyone with an enquiring mind

The first study in more than 30 years to investigate the broad significance of personality traits for mass political behavior.

Foundations of Developmental Psychology is designed for the student seeking a comprehensive introduction to developmental psychology as a developmental science. The intent is to introduce the field in a manner comparable to the introductory courses that college students take in biology, chemistry, or physics. The emphasis is on the empirical and theoretical foundations of fundamental human development. The book attempts to trace the origins and processes of various developmental events. Developmental phenomena are presented by topics rather than by chronological, age-related patterns of development. This arrangement of the subject matter provides for more efficient study, integration, and synthesis of the material, along with a more organized view of development. Key topics discussed include the genetic foundations of development; prenatal

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factors in development; the biological notion of maturation and its significance for development; motor and perceptual development; and cognitive, intellectual, language, emotional, personality, and social development. Although this text is written for undergraduate students in psychology, it can be understood by students in any discipline who have a grasp of introductory psychology and biology.

A look at the seven emotional systems of the brain by the researcher who discovered them. What makes us happy? What makes us sad? How do we come to feel a sense of enthusiasm? What fills us with lust, anger, fear, or tenderness? Traditional behavioral and cognitive neuroscience have yet to provide satisfactory answers. The Archaeology of Mind presents an affective neuroscience approach—which takes into consideration basic mental processes, brain functions, and emotional behaviors that all mammals share—to locate the neural mechanisms of emotional expression. It reveals—for the first time—the deep neural sources of our values and basic emotional feelings. This book elaborates on the seven emotional systems that explain how we live and behave. These systems originate in deep areas of the brain that are remarkably similar across all mammalian species. When they are disrupted, we find the origins of emotional disorders: - SEEKING: how the brain generates a euphoric and expectant

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response - FEAR: how the brain responds to the threat of physical danger and death - RAGE: sources of irritation and fury in the brain - LUST: how sexual desire and attachments are elaborated in the brain - CARE: sources of maternal nurturance - GRIEF: sources of non-sexual attachments - PLAY: how the brain generates joyous, rough-and-tumble interactions - SELF: a hypothesis explaining how affects might be elaborated in the brain The book offers an evidence-based evolutionary taxonomy of emotions and affects and, as such, a brand-new clinical paradigm for treating psychiatric disorders in clinical practice.

Changing Habits of Mind presents a theory of personality that integrates homeostatic dynamics of the brain with self-processes, emotionality, cultural adaptation, and personal reality. Informed by the author's brain-based, relational psychotherapeutic practice, the book discusses the brain's evolutionary growth, the four information-processing areas of the brain, and the cortex in relationship to the limbic system. Integrating the different experiences of sensory and non-sensory processes in the brain, the text introduces a theory of personality currently lacking in psychotherapy research that integrates neurobiology and psychology for the first time. Readers will learn how to integrate psychodynamic processes with cognitive behavioral techniques, while clinical vignettes exemplify the interaction of neurophysiological process with a range of psychological

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variables including homeostasis, developmental family dynamics, and culture. Changing Habits of Mind expands the psychotherapist's perspective, exploring the important links between an integrated theory of personality and effective clinical practice.

This book presents a compelling unifying theory of which aspects of the brain are innate and which are not.

There are many different types and causes of trauma in the workplace which can impact employee behavior and performance. Thus, it is imperative for managers to discover new ways to combat these issues and work toward a more harmonious working environment for all. Impact of Organizational Trauma on Workplace Behavior and Performance is a comprehensive examination of the multiple types of workplace traumas and the solutions which will heal these challenges to increase overall organizational culture and success. Highlighting extensive coverage of relevant topics such as downsizing, change management, trauma exposure, and organizational leadership, this publication is ideal for practitioners, professionals, managers, and researchers seeking innovative perspectives on organizational traumas in the workforce.

How did human minds become so different from those of other animals? What accounts for our capacity to understand the way the physical world works, to

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think ourselves into the minds of others, to gossip, read, tell stories about the past, and imagine the future? These questions are not new: they have been debated by philosophers, psychologists, anthropologists, evolutionists, and neurobiologists over the course of centuries. One explanation widely accepted today is that humans have special cognitive instincts. Unlike other living animal species, we are born with complicated mechanisms for reasoning about causation, reading the minds of others, copying behaviors, and using language. Cecilia Heyes agrees that adult humans have impressive pieces of cognitive equipment. In her framing, however, these cognitive gadgets are not instincts programmed in the genes but are constructed in the course of childhood through social interaction. Cognitive gadgets are products of cultural evolution, rather than genetic evolution. At birth, the minds of human babies are only subtly different from the minds of newborn chimpanzees. We are friendlier, our attention is drawn to different things, and we have a capacity to learn and remember that outstrips the abilities of newborn chimpanzees. Yet when these subtle differences are exposed to culture-soaked human environments, they have enormous effects. They enable us to upload distinctively human ways of thinking from the social world around us. As Cognitive Gadgets makes clear, from birth our malleable human minds can learn through culture not only what to think but how

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to think it.

This authoritative handbook reviews the breadth of current knowledge about positive emotions: their nature, functions, and consequences for individuals and society. Specific emotions are analyzed in depth, including happiness, pride, romantic love, compassion, gratitude, awe, challenge, and hope. Major theoretical perspectives are presented and cutting-edge research methods explained. The volume addresses neurobiological and physiological aspects of positive emotions as well as their social and intrapersonal contexts. Implications for physical health, coping, and psychopathology are explored, as are connections to organizational functioning and consumer behavior.

Differences between people are a fascinating and long-standing area of psychological inquiry. However, previous research has largely been confined to studies at the descriptive level. This book tries to explain individual difference, rather than merely describe them. Explanations are derived from two major competing frameworks: the biological and social approaches to individuality. The book is based on the contributions of specialists from Europe and North America invited to represent the biological and social points of view. Thus, a direct confrontation is obtained of two approaches that, hitherto, have proceeded with virtually no reference to each other. Attention is paid to behavior genetics,

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psychophysiology and temperament, as well as to social learning, behavioral strategies and person-environment interactions. Differences and commonalities between the biological and social approaches are scrutinized and a common framework is outlined to stimulate future research. Due to its innovative character, the book is particularly relevant for investigators in the field. In addition, it may be fruitfully used in advanced graduate level courses in personality psychology.

Now in a revised and expanded fourth edition, this definitive reference and text has more than 50% new material, reflecting a decade of theoretical and empirical advances. Prominent researchers describe major theories and review cutting-edge findings. The volume explores how personality emerges from and interacts with biological, developmental, cognitive, affective, and social processes, and the implications for well-being and health. Innovative research programs and methods are presented throughout. The concluding section showcases emerging issues and new directions in the field. New to This Edition *Expanded coverage of personality development, with chapters on the overall life course, middle childhood, adolescence, and early adulthood. *Three new chapters on affective processes, plus chapters on neurobiology, achievement motivation, cognitive approaches, narcissism, and other new topics. *Section on cutting-edge issues:

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personality interventions, personality manifestations in everyday life, geographical variation in personality, self-knowledge, and the links between personality and economics. *Added breadth and accessibility--42 more concise chapters, compared to 32 in the prior edition.

The most comprehensive single volume ever published on the subject, the Handbook of Personality Psychology is the end-all, must-have reference work for personality psychologists. This handbook discusses the development and measurement of personality as well as biological and social determinants, dynamic personality processes, the personality's relation to the self, and personality in relation to applied psychology. Authored by the field's most respected researchers, each chapter provides a concise summary of the subject to date. Topics include such areas as individual differences, stability of personality, evolutionary foundations of personality, cross-cultural perspectives, emotion, psychological defenses, and the connection between personality and health. Intended for an advanced audience, the Handbook of Personality Psychology will be your foremost resource in this diverse field. Chapter topics include: * Nature of personality psychology * Conceptual and measurement issues in personality * Developmental issues * Biological determinants of personality * Social determinants of personality * Dynamic personality processes

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* Personality and the self * The Five Factor Model * Applied psychology
Man's interest in character is founded on an intensely practical need. In whatsoever relationship we deal with our fellows, we base our intercourse largely on our understanding of their characters. . . . Because the feelings are in part mirrored on the face and body, the experience of mankind has become crystallized in beliefs, opinions, and systems of character reading which are based on physiognomy, shape of head, lines of hand, gait, and even the method of dress and the handwriting. . . . A few of the methods used have become organized into specialties, such as the study of the head. Introduction, The Foundations of Personality

This book summarises the proceedings of a symposium on "Emotions and Psychopathology" which was held by the Department of Psychology of Bowling Green State University from September 26-27, 1986. It is coming to be realized that to understand the underlying structure and dynamics of many psychopathologies, it is essential to understand the nature of emotions. The aim of this symposium was to gather a group of investigators and thinkers who would have valuable and unique perspectives on the nature of emotions and on their relationship to psychic disorders. The main participants were Manfred Clynes, Helen Block Lewis, Michael Liebowitz, Marvin Minsky, Robert Plutchik, John Paul

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Scott and Jaak Panksepp. Ted Melnechuk chaired the half-day of round table discussion on the day following the symposium, and Gail Zivin and Larry Stettner presented informal position statements on ethology during the round table. On the evening before the symposium, Elliot Valenstein of The University of Michigan presented a pre-symposium colloquium entitled "Great and Desperate Cures" which summarized his most recent contribution to the Psychosurgery debate. We should like to refer you to his excellent book on the subject, with the same title, (Basic Books, 1986), which can help forewarn us of possible future worries in the application of biological technologies. Paul Byers who did not attend the meeting was invited to write a chapter summarizing cultural and societal issues which were not formally covered at the meeting. *The Emotional Foundations of Personality: A Neurobiological and Evolutionary Approach* W. W. Norton & Company

Uniquely integrative and authoritative, this volume explores how advances in social psychology can deepen understanding and improve treatment of clinical problems. The role of basic psychological processes in mental health and disorder is examined by leading experts in social, clinical, and counseling psychology. Chapters present cutting-edge research on self and identity, self-regulation, interpersonal processes, social cognition, and emotion. The volume

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identifies specific ways that social psychology concepts, findings, and research methods can inform clinical assessment and diagnosis, as well as the development of effective treatments. Compelling topics include the social psychology of help seeking, therapeutic change, and the therapist–client relationship.

A comprehensive survey of the growing field of social neuroscience.

Introduction -- Defining emotions -- Social-self and emotions -- Social neuroscience of emotions -- Socio-cultural aspects of emotions -- Socialization of emotions -- Moral and collective emotions -- Social regulation of emotions -- Social-emotional aspects of mental disorders -- Conclusion

The field of cognitive psychology has expanded rapidly in recent years, with experts in affective and cognitive neuroscience revealing more about mammalian brain function than ever before. In contrast, psychological problems such as ADHD, autism, anxiety, and depression are on the rise, as are medical conditions such as diabetes, obesity, and autoimmune disorders. Why, in this era of unprecedented scientific self-knowledge, does there seem to be so much uncertainty about what human beings need for optimal development? *Evolution, Early Experience and Human Development* asserts that human development is being misshaped by government policies, social practices, and public beliefs that fail to consider basic human needs. In this pioneering volume, scientists from a range of disciplines theorize that the increase in conditions such as depression and obesity can be partially attributed to a disparity between the environments and conditions under which our mammalian brains currently

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develop and our evolutionary heritage. For example, healthy brain and emotional development depends to a significant extent upon caregiver availability and quality of care. These include practices such as breastfeeding, co-sleeping, and parental social support, which have waned in modern society, but nevertheless may be integral to healthy development. As the authors argue, without a more informed appreciation of the ideal conditions under which human brains/minds develop and function, human beings will continue to struggle with suboptimal mental and physical health, and as problems emerge psychological treatments alone will not be effective. The best approach is to recognize these needs at the outset so as to optimize child development. Evolution, Early Experience and Human Development puts forth a logical, empirically based argument regarding human mammalian needs for optimal development, based on research from anthropology, neurobiology, animal science, and human development. The result is a unique exploration of evolutionary approaches to human behavior that will support the advancement of new policies, new attitudes towards health, and alterations in childcare practices that will better promote healthy human development.

Originally published in 1972, the emphasis of this book is on psychological and cultural understanding of education, in terms of persons and relationships, rather than processes. The book: Deals with issues of continuing relevance for educational thought and practice, such as the education and training of teachers and diminishing the gap between schooling and education. Considers the nature and function of educational research, the conflict between arts and sciences in education and the concept of guidance. Examines teaching in its interpersonal context, and at the revolt of youth and the sexual revolution. Assesses the influence of Freud, Winifred Mercier, William Boyd and Herbert Read.

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This book aims to integrate different psychoanalytic schools and relevant research findings into an integrated psychoanalytic theory of the mind. A main claim explored here, is that a revised and expanded ego psychology constitutes the strongest foundation not only for a unified psychoanalytic theory, but also for the integration of relevant research findings from other disciplines. Sophisticated yet accessible, the book includes a description of the basic tenets of ego psychology and necessary correctives and revisions. It also discusses research and theory on interpersonal understanding, capacity for inhibition, defense, delay of gratification, autonomous ego aims and motives, affect regulation, the nature of psychopathology; and the implications of a revised and expanded ego psychology for approaches to treatment. The book will appeal to readers who are interested in psychoanalysis, the nature of the mind, the nature of psychopathology, and the implications of theoretical formulations and research findings for approaches to treatment. As such, it will also be of great value on graduate and training courses for psychoanalysis.

This highly influential work--now in a revised and expanded third edition incorporating major advances in the field--gives clinicians, educators, and students a new understanding of what the mind is, how it grows, and how to promote healthy development and resilience. Daniel J. Siegel synthesizes cutting-edge research from multiple disciplines, revealing the ways in which neural processes are fundamentally shaped by interpersonal relationships throughout life. And even when early experiences are not optimal, building deeper connections to other people and to one's own internal experience remains a powerful resource for growth. Professors praise the book's utility in courses from developmental psychology and child development to neuroscience and counseling. New to This Edition *Incorporates findings from a huge body of

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recent research; over 1,000 citations added. *Revisits and refines the core hypotheses of interpersonal neurobiology. *Chapter on the experience of belonging and the development of identity. *New or expanded discussions of behavioral epigenetics, the default mode network of the brain, social neuroscience, cultural and gender issues, theory of mind, the Wheel of Awareness contemplative practice, the science of consciousness, and more.

Animal Emotions: How They Drive Human Behavior gives a concise overview of ancient mammalian emotions deeply rooted in the human brain. Jaak Panksepp, a world-renowned neuroscientist, dedicated his life career to the study of mammalian emotions and he carved out seven distinct emotional systems he called seeking, lust, care, and play (positive emotions), and fear, anger, and sadness (negative emotions), all exerting a tremendous influence on human behavior. Christian Montag, a neuroscientist and psychologist, and a long-time collaborator of Jaak Panksepp, revisits together with Kenneth L. Davis, one of Jaak's PhD students, Panksepp's theories and provides the reader with new insights into the nature of emotions and their role as survival tools, both for animals and for humans. They also raise new questions about the background of the research field Jaak Panksepp coined "Affective Neuroscience." How are personality and psychopathology linked to animal emotions? Do animals feel the same way as we do? What are our emotional needs in a digital society, and what is key to a happy life?

Is establishing and enjoying loving relationships important to your life? It ought to be, as many of your most important needs in life are met only through relationships. The quality of those relationships will greatly depend on how well you and your partner can do two things: (1) properly manage your emotions during times of stress, deprivation, and trials, and (2)

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recognize and meet the emotional needs of your partner. These skills are not inborn, nor can they be casually acquired. But only those who possess them can expect to enjoy happy, loving, fulfilling relationships. In *The Emotional Foundations of Loving Relationships*, you will learn: The Ten Secrets of Emotionally Fulfilling Relationships The Five Great Destroyers of Relationships How to identify and meet your partner's top twenty emotional needs How your emotions can influence critical life decisions How to distinguish uplifting emotions from destructive emotions What it means to be emotionally responsible The consequences of emotional irresponsibility How to manage your emotions constructively Why there is opposition, stress, and trials in life Ten Potent Weapons for Battling the Forces of Emotional Darkness

Neuropsychanalysis is the fastest growing area within psychoanalysis, providing a bridge between "classic" psychoanalysis and the neurological sciences. This book provides an accessible introduction to the field through a selection of papers by one of its leading figures. It includes papers on the theoretical and philosophical foundations of neuropsychanalysis, scientific papers on the brain mechanisms of dreaming and consciousness, the application of neuropsychanalysis in psychiatry and neurology, and clinical case studies.

All human beings have spontaneous needs for happiness, self-understanding, and love. In *Feeling Good: The Science of Well Being*, psychiatrist Robert Cloninger describes a way to coherent living that satisfies these strong basic needs through growth in the uniquely human gift of self-awareness. The scientific findings that led Dr. Cloninger to expand his own views in a stepwise manner during 30 years of research and clinical experience are clearly presented so that readers can consider the validity of his viewpoint for themselves. The principles of well-

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being are based on a non-reductive scientific paradigm that integrates findings from all the biomedical and psychosocial sciences. Reliable methods are described for measuring human thought and social relationships at each step along the path of self-aware consciousness. Practical mental exercises for stimulating the growth of self-awareness are also provided. The methods are supported by data from brain imaging, genetics of personality, and longitudinal biopsychosocial studies. *Feeling Good: The Science of Well-Being* will be of value to anyone involved in the sciences of the mind or the treatment of mental disorders. It will also interest theologians, philosophers, social scientists, and lay readers because it provides contemporary scientific concepts and language for addressing the perennial human questions about being, knowledge, and conduct.

Presents a groundbreaking investigation into the origins of morality at the core of religion and politics, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.

Psychological Foundations of Attitudes presents various approaches and theories about attitudes. The book opens with a chapter on the development of attitude theory from 1930 to 1950. This is followed by separate chapters on the principles of the attitude-reinforcer-discriminative system; a systematic test of a learning theory analysis of interpersonal attraction; a "spread of effect" in attitude formation; Hullian learning theory; and possible origins of learned attitudinal cognitions. Subsequent chapters deal with mechanisms through which attitudes can function as both independent and dependent variables in the attitude-behavior link; and the problem of how people go about applying a summary label to their attitudes and the reciprocal effects that rating has on the content of attitude. The final chapters

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discuss a commodity theory that relates selective social communication to value formation; the freedoms there are in regard to attitudes; attitude change occasioned by actions which are discrepant from one's previously existing attitudes or values; and the conflict-theory approach to attitude change.

Some investigators have argued that emotions, especially animal emotions, are illusory concepts outside the realm of scientific inquiry. However, with advances in neurobiology and neuroscience, researchers are demonstrating that this position is wrong as they move closer to a lasting understanding of the biology and psychology of emotion. In *Affective Neuroscience*, Jaak Panksepp provides the most up-to-date information about the brain-operating systems that organize the fundamental emotional tendencies of all mammals. Presenting complex material in a readable manner, the book offers a comprehensive summary of the fundamental neural sources of human and animal feelings, as well as a conceptual framework for studying emotional systems of the brain. Panksepp approaches emotions from the perspective of basic emotion theory but does not fail to address the complex issues raised by constructionist approaches. These issues include relations to human consciousness and the psychiatric implications of this knowledge. The book includes chapters on sleep and arousal, pleasure and fear systems, the sources of rage and anger, and the neural control of sexuality, as well as the more subtle emotions related to maternal care, social loss, and playfulness. Representing a synthetic integration of vast amounts of neurobehavioral knowledge, including relevant neuroanatomy, neurophysiology, and neurochemistry, this book will be one of the most important contributions to understanding the biology of emotions since Darwin's *The Expression of the Emotions in Man and Animals*

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This unique volume brings together state-of-the-art research showing the value of emotions that many believe to be undesirable. Leading investigators explore the functions and benefits of sadness, anxiety, anger, embarrassment, shame, guilt, jealousy, and envy. The role of these emotions in social interactions and relationships is examined, as are cultural differences in how they are valued and expressed. The volume considers how people seek out these feelings in everyday life to improve performance, gain insight, and express cares and commitments. Negative emotions are shown to have an important place in a rich and meaningful life.

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