



Emotions Revealed: Recognizing Faces and Feelings to Improve Communication and Emotional Life

Paul Ekman Ph.D.

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A renowned expert in nonverbal communication, Paul Ekman led a revolution in our scientific understanding of emotions. In *Emotions Revealed*, he assembles his research and theories to provide a comprehensive look at the evolutionary roots of human emotions, including anger, sadness, fear, disgust, and happiness.

Drawing on decades of fieldwork, Ekman shows that emotions are deeply embedded in the human species. In the process, he answers such questions as: What triggers emotions and can we stop them? How does our body signal to others whether we are slightly sad or anguished, peeved or enraged? Can we learn to distinguish between a polite smile and the genuine thing? Can we ever truly control our emotions? Unique exercises and photographs help readers identify emotions in themselves and others.

Emotions Revealed is a practical, mind-opening, and potentially life-changing exploration of science and self.

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