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Heaven and Hell: The Psychology of the Emotions

Neel Burton

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Heaven and Hell: The Psychology of the Emotions Neel Burton
Today more than ever, the education doled out in classrooms is cold and cognitive. But, once outside, it is our uneducated emotions that move us, hold us back, and lead us astray. It is, at first and at last, our emotions that determine our choice of profession, partner, and politics, and our relation to money, sex, and religion. Nothing can make us feel more alive, or more human, than our emotions, or hurt us more. Yet many people lumber through life without giving full consideration to their emotions, partly because our empirical, materialistic culture does not encourage it or even make it seem possible, and partly because it requires unusual strength to gaze into the abyss of our deepest drives, needs, and fears. This book proposes to do just that, examining over 25 emotions ranging from lust to love and humility to humiliation, and drawing some useful and surprising conclusions along the way.

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