



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

By Paul Ekman

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Emotions Revealed, Second Edition: Recognizing Faces and Feelings to Improve Communication and Emotional Life By Paul Ekman

"A tour de force. If you read this book, you'll never look at other people in quite the same way again."?Malcolm Gladwell

Renowned psychologist Paul Ekman explains the roots of our emotions?anger, fear, disgust, sadness, and happiness?and shows how they cascade across our faces, providing clear signals to those who can identify the clues. As featured in Malcolm Gladwell's bestseller *Blink*, Ekman's Facial Action Coding System offers intense training in recognizing feelings in spouses, children, colleagues, even strangers on the street.

In *Emotions Revealed*, Ekman distills decades of research into a practical, mind-opening, and life-changing guide to reading the emotions of those around us. He answers such questions as: 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? Packed with unique exercises and photographs, and a new chapter on emotions and lying that encompasses security and terrorism as well as gut decisions, *Emotions Revealed* is an indispensable resource for navigating our emotional world.

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Editorial Review

Review

"There has not been a book on this subject of such range and insight since Darwin's famous Expression of the Emotions more than a century ago." --Oliver Sacks

""Emotions Revealed" will leave everyone who reads it more intelligent about their emotional life . . . A charming, sound, sane map to the world of emotions, the perfect guide." --Daniel Goleman, author of "Emotional Intelligence"

About the Author

Paul Ekman is the world's foremost expert on facial expressions and the professor emeritus of psychology at the University of California Medical School in San Francisco. He has served as an adviser to police departments, antiterrorism groups, and animation studios, and Ekman's research inspired *Lie to Me*, the FOX TV series. The author of fifteen books, he lives in northern California.

Users Review

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James Mendoza:

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