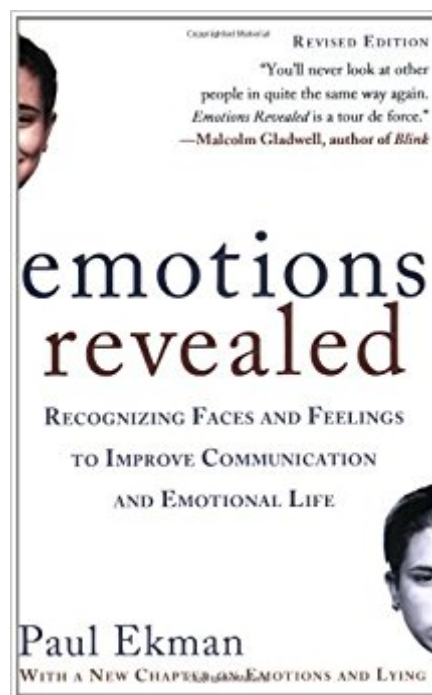




The book was found

Emotions Revealed, Second Edition: Recognizing Faces And Feelings To Improve Communication And Emotional Life



Synopsis

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

Book Information

Paperback: 320 pages

Publisher: Holt Paperbacks; 2nd edition (March 20, 2007)

Language: English

ISBN-10: 0805083391

ISBN-13: 978-0805083392

Product Dimensions: 5.5 x 22.6 x 8.2 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 184 customer reviews

Best Sellers Rank: #23,163 in Books (See Top 100 in Books) #45 in Books > Self-Help >

Emotions #85 in Books > Health, Fitness & Dieting > Mental Health > Emotions #222 in Books > Self-Help > Relationships > Interpersonal Relations

Customer Reviews

"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"

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.

Rather dull and monotonous reading. All examples revolve around hypothetical employer, employee, and promotion that is going down the tubes. Sometimes however something new and entertaining is popping up here and there

Very enlightening book on a skill that is not as easy to pick up as i would have thoughtn

Provided some very good information on the topic

Paul Ekman is a wonderful writer that helps us to understand others. If you've ever wondered if someone was being honest with you this book will be very helpful. People often put on whatever face they want you to see, but if you read this book you will learn the nuances to help you distinguish fact and fiction.

Good Book!

This book is so much more than I expected! I thought it was just gonna help me spot the lies people tell but it's helping me control my own emotions and reactions as well. I'm learning so much more about ME first and isn't that where everything begins?

In process of reading. It helps to understand human nature, and how to "read" the faces of people. Was recommended by continuing education instructor of how to understand difficult people.

I got hooked on the Fox Network's television show *Lie To Me* which was based loosely on Dr. Paul Ekman's work and life. I began reading Ekman's books and eventually got a Master of Science in Forensic Psychology (though disappointingly had very little to do with deception detection). This book isn't for the casual reader as the material is scientific and thus very dry. However, if you're interested in learning deception detection and learning to read facial microexpressions, get this

book. It's a great companion to one of Ekman's first books, *Unmasking the Face: A Guide to Recognizing Emotions From Facial Expressions*.

[Download to continue reading...](#)

Emotions Revealed, Second Edition: Recognizing Faces and Feelings to Improve Communication and Emotional Life Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook) Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3) Emotional Intelligence: Develop Absolute Control Over Your Emotions and Your Life For Everlasting Success (Emotional Mastery, Fully Control Emotions) Draw Faces: How to Speed Draw Faces and Portraits in 15 Minutes (Fast Sketching, Drawing Faces, How to Draw Portraits, Drawing Portraits, Portrait Faces, Pencil Portraits, Draw in Pencil) What Are You Feeling? Feelings Books for Children | Children's Emotions & Feelings Books The 5 Senses Workbook for Kindergarten - Feelings Books for Children | Children's Emotions & Feelings Books How to Remember Names and Faces: Master the Art of Memorizing Anyone's Name by Practicing w Over 500 Memory Training Exercises of People's Faces | Improve ... & Communication Personal Social Skills Dictionary of Emotions: Words For Feelings, Moods, and Emotions Emotional Intelligence: How to Master your Emotions, Build Self-Confidence and Program Yourself for Success (Emotions, IQ, Success, Skills, Tricks,) Emotional Intelligence: The Complete Step by Step Guide on Self Awareness, Controlling Your Emotions and Improving Your EQ (Emotional Intelligence Series Book 3) Highly Sensitive Person: 2 Manuscripts - Empath & Emotional Healing -Empowering Empaths, Healing, Sensitive Emotions, Energy & Relationships, Coping with Emotional and Psychological Trauma Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! Emotional Intelligence: 100+ Skills, Tips, Tricks & Techniques to Improve Interpersonal Connection, Control Your Emotions, Build Self Confidence & Find Long Lasting Success! (EQ Mastery) The Detrimental Effects of Emotional Abuse: How Emotional Abuse and Emotional Elder Abuse Destroy Us All Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Feelings and Faith: Cultivating Godly Emotions in the Christian Life The Feelings Book (Revised): The Care and Keeping of Your Emotions Children's Book: FORGIVE ME PLEASE- Teach your kids the importance of Forgiveness: (Illustrated Picture Book)(Bedtime Story)(Social skills)Values, Emotions and Feelings (Greedy Jack)

MATERNAL EMOTIONS: A Study of Women's Feelings Toward Menstruation, Pregnancy, Childbirth, Breast Feeding, Infant Care, and Other Aspects of Their Femininity

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)