

Psychology of Emotion

Second Edition

**Paula M. Niedenthal
and François Ric**

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Acknowledgements

The first edition of the *Psychology of Human Emotion* was a textbook written for doctoral students of social psychology in European countries. The task of revising the book for a second edition, this time targeted at undergraduate psychology majors in North America, was a monumental undertaking. Not only did the textbook require stronger organization and far greater accessibility, but research findings that had been published since 2006 also had to be incorporated.

We could never have accomplished the feat of revising (or, more accurately, writing anew) this textbook without, first, the tireless help of Crystal Hanson. Crystal performed the herculean tasks of referencing; creating tables and figures; proofreading; managing information, communication, and personnel involved in the project; and basically being a production manager. Thank you, Crystal, and don't move too far away.

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Finally, one of our mothers Corrine Niedenthal, became ill during the revision of the textbook. She passed away during its production, and was the best mother in the world, and we dedicate the book to her.

How to Use This Book

The *Psychology of Emotion*, Second Edition, is intended to introduce undergraduate students to the scientific study of emotion. Since the turn of the twenty-first century, this endeavor has become its own field of study. Because the study of emotion draws inspiration from areas of science outside of psychology, including neuroscience, psychiatry, biology, genetics, computer science, zoology, and behavioral economics, the field is now often called **emotion science** or **affective science** (terms we use interchangeably). A subfield of affective science is affective neuroscience, the study of the emotional brain.

The explosion of ideas and research findings in emotion science created a quandary for the present authors. We had to decide what the book was going to include and not include. Because of our combined expertise in social psychology, cognitive science, and social cognition, we decided to focus the textbook on emotion in the typically developing individual. In other words, our textbook does not include chapters on emotion and mental health (e.g., affective disorders). Also, we focus largely on processes basic to emotion. We chose to omit historical and philosophical analyses in favor of summarizing and interpreting contemporary scientific methods and discoveries. We do believe it is important to provide students with that intellectual groundwork. However, as university professors who teach courses on the psychology of emotion, we find we prefer to present such material in lecture.

Lest the reader wonder what remains: a lot. Our chapters review theory and methods in emotion science; we discuss findings about the brain and the function, expression, and regulation of emotion; we delve into similarities and differences due to gender and culture; we examine the relationship between emotion and cognition; and we account for emotion processes in groups. We have made every effort to organize, prioritize, and interpret the meaning of the research findings featured in each chapter. We have also added some effective learning and teaching devices. In particular, each chapter includes:

- Bolded key terms, which flag concepts students should master.
- Developmental Details boxes, which zoom in on chapter topics as they relate to a point in the life cycle, most often infancy or childhood.
- Learning Links, which are suggested Internet sites that provide illustrations of or enrichment ideas about topics addressed in each chapter. (The links were active as of 2016. Should they become inactive, please use the information provided to locate the same material on a new site.)
- Tables, graphs, illustrations, and comics designed to expand on the chapter discussions.

Enjoy.