



# The Feeling Brain: The Biology and Psychology of Emotions

*Elizabeth Johnston DPhil, Leah Olson PhD*

Download now

[Click here](#) if your download doesn't start automatically

# The Feeling Brain: The Biology and Psychology of Emotions

*Elizabeth Johnston DPhil, Leah Olson PhD*

**The Feeling Brain: The Biology and Psychology of Emotions** Elizabeth Johnston DPhil, Leah Olson PhD

**A reader-friendly exploration of the science of emotion.**

After years of neglect by both mainstream biology and psychology, the study of emotions has emerged as a central topic of scientific inquiry in the vibrant new discipline of affective neuroscience. Elizabeth Johnston and Leah Olson trace how work in this rapidly expanding field speaks to fundamental questions about the nature of emotion: What is the function of emotions? What is the role of the body in emotions? What are "feelings," and how do they relate to emotions? Why are emotions so difficult to control? Is there an emotional brain?

The authors tackle these questions and more in this "tasting menu" of cutting-edge emotion research. They build their story around the path-breaking 19th century works of biologist Charles Darwin and psychologist and philosopher William James. James's 1884 article "What Is an Emotion?" continues to guide contemporary debate about minds, brains, and emotions, while Darwin's treatise on "The Expression of Emotions in Animals and Humans" squarely located the study of emotions as a critical concern in biology.

Throughout their study, Johnston and Olson focus on the key scientists whose work has shaped the field, zeroing in on the most brilliant threads in the emerging tapestry of affective neuroscience. Beginning with early work on the brain substrates of emotion by such workers such as James Papez and Paul MacLean, who helped define an emotional brain, they then examine the role of emotion in higher brain functions such as cognition and decision-making. They then investigate the complex interrelations of emotion and pleasure, introducing along the way the work of major researchers such as Antonio Damasio and Joseph LeDoux. In doing so, they braid diverse strands of inquiry into a lucid and concise introduction to this burgeoning field, and begin to answer some of the most compelling questions in the field today.

How does the science of "normal" emotion inform our understanding of emotional disorders? To what extent can we regulate our emotions? When can we trust our emotions and when might they lead us astray? How do emotions affect our memories, and vice versa? How can we best describe the relationship between emotion and cognition? Johnston and Olson lay out the most salient questions of contemporary affective neuroscience in this study, expertly situating them in their biological, psychological, and philosophical contexts. They offer a compelling vision of an increasingly exciting and ambitious field for mental health professionals and the interested lay audience, as well as for undergraduate and graduate students.

13 illustrations

 [Download The Feeling Brain: The Biology and Psychology of E ...pdf](#)

 [Read Online The Feeling Brain: The Biology and Psychology of ...pdf](#)

**Download and Read Free Online The Feeling Brain: The Biology and Psychology of Emotions**  
**Elizabeth Johnston DPhil, Leah Olson PhD**

---

**From reader reviews:**

**Elaine Bell:**

What do you in relation to book? It is not important along? Or just adding material if you want something to explain what the ones you have problem? How about your time? Or are you busy individual? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? Everyone has many questions above. They should answer that question mainly because just their can do which. It said that about guide. Book is familiar in each person. Yes, it is suitable. Because start from on jardín de infancia until university need this particular The Feeling Brain: The Biology and Psychology of Emotions to read.

**Nadine Taylor:**

A lot of people always spent their particular free time to vacation or even go to the outside with them family members or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the entire day to reading a guide. The book The Feeling Brain: The Biology and Psychology of Emotions it is extremely good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy often the e-book. You can more easily to read this book out of your smart phone. The price is not too expensive but this book offers high quality.

**Jonathan Thurman:**

Playing with family inside a park, coming to see the ocean world or hanging out with pals is thing that usually you have done when you have spare time, after that why you don't try factor that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love The Feeling Brain: The Biology and Psychology of Emotions, you may enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh can occur its mind hangout guys. What? Still don't obtain it, oh come on its referred to as reading friends.

**Rosa Felton:**

The book untitled The Feeling Brain: The Biology and Psychology of Emotions contain a lot of information on that. The writer explains her idea with easy technique. The language is very clear to see all the people, so do certainly not worry, you can easy to read this. The book was written by famous author. The author will take you in the new period of time of literary works. You can easily read this book because you can please read on your smart phone, or product, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site and order it. Have a nice go

through.

**Download and Read Online The Feeling Brain: The Biology and Psychology of Emotions Elizabeth Johnston DPhil, Leah Olson PhD #826G173XPOA**

## **Read The Feeling Brain: The Biology and Psychology of Emotions by Elizabeth Johnston DPhil, Leah Olson PhD for online ebook**

The Feeling Brain: The Biology and Psychology of Emotions by Elizabeth Johnston DPhil, Leah Olson PhD Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Feeling Brain: The Biology and Psychology of Emotions by Elizabeth Johnston DPhil, Leah Olson PhD books to read online.

### **Online The Feeling Brain: The Biology and Psychology of Emotions by Elizabeth Johnston DPhil, Leah Olson PhD ebook PDF download**

**The Feeling Brain: The Biology and Psychology of Emotions by Elizabeth Johnston DPhil, Leah Olson PhD Doc**

**The Feeling Brain: The Biology and Psychology of Emotions by Elizabeth Johnston DPhil, Leah Olson PhD Mobipocket**

**The Feeling Brain: The Biology and Psychology of Emotions by Elizabeth Johnston DPhil, Leah Olson PhD EPub**