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Drawing on decades of fieldwork, Ekman shows that emotions are deeply embedded in the human species. Dive into Paul Ekman's library of books on emotions. Paul Ekman's most popular book is *Emotions Revealed: Recognizing Faces and Feelings to Improve Communication and Emotional Control* (ebook download as PDF File.pdf), Text File.txt) or read book online for free. In *Emotions Revealed*, he assembles his research and theories to provide a comprehensive look at the evolutionary roots of human emotions, including anger, sadness, fear, disgust, and happiness. Created Date: 8/PM Whether anger, joy, fear or sorrow, they can be incredibly powerful things but can be equally hard to understand or control. He even suggests how we can use findings about emotional expressions to guide and Paul Ekman has books on Goodreads with ratings. A renowned expert in nonverbal communication, 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 in *EMOTIONS REVEALED*, Paul Ekman draws "Paul Ekman is the master of emotional expression, and this is a masterful account of his field. Gain insights into nonverbal communication, facial expressions, and understanding emotions in yourself and others. Created Date: 8/PM A fascinating exploration of how we interpret and experience emotions—and how we can improve our emotional skills—by a pioneering psychologist.

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Sommaire

Étape 1 -

Commentaires

Étape 1 -
