



Passion and Reason: Making Sense of Our Emotions

By Richard S. Lazarus

Oxford University Press. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.4in. x 5.5in. x 0.9in. When Oxford published *Emotion and Adaptation*, the landmark 1991 book on the psychology of emotion by internationally acclaimed stress and coping expert Richard Lazarus, *Contemporary Psychology* welcomed it as a brightly shining star in the galaxy of such volumes. Psychiatrists, psychologists and researchers hailed it as a masterpiece, a major breakthrough in our understanding of the emotional process and its central role in our adaptation as individuals and as a species. What was still needed, however, was a book for general readers and health care practitioners that would dispel the myths still surrounding cultural beliefs about emotion and systematically explain the relevance of the new research to the emotional dramas of our everyday lives. Now, in *Passion and Reason*, Lazarus draws on his four decades of pioneering research to bring readers the first book to move beyond both clinical jargon and feel-good popular psychology to really explain, in plain, accessible language, how emotions are aroused, how they are managed, and how they critically shape our views of ourselves and the world around us. With his co-author writer Bernice Lazarus, Dr. Lazarus explores the latest findings...



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This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.

-- **Andres Bashirian**

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.

-- **Lacy Goldner**