

# Table of Contents

## 1. Introduction

*Why this book was written, for whom and how to use it.*

## 2. Emotions, Defined

*What do we call emotions? This chapter covers definitions of emotions, and their influence on our lives.*

## 3. Emotions: Reasons and Mechanisms

*Why do we get emotional? What triggers emotional states, and is it possible to change them? This chapter answers these questions and discusses the evolutionary development of emotional states and ways of coping with them.*

## 4. The Seven Universal Emotions

*Does everyone experience emotions in the same way? Is it possible to read the emotions of others? This chapter describes distinctive emotional markers and provides exercises for recognizing the seven universal emotions in oneself.*

## 5. Display Rules

*Boys don't cry. Girls don't get angry. This chapter covers social rules that influence our expression of emotion.*

## 6. Regrettable Quarrels

*Why does anger sometimes cause us to act in atypical ways? Why do we do and say things we later regret? This chapter sheds light on mechanisms that drive regrettable behavior and provides tips and exercises that help to control anger.*

## 7. Guilt Versus Shame

*Did you make a mistake, or are you a mistake? This chapter outlines the fundamental difference between shame and guilt and explains how to deal with those feelings in a constructive way.*

## 8. Fears and Phobias

*Where does fear come from and how can we deal with it? This chapter explores the advantages and limitations of fear in our lives and suggests ways of limiting its negative impacts.*

## 9. Sadness: The Call for Help

*Should other people know how sad you are? This chapter discusses the importance of expressing sadness and the problems of its social acceptance.*

## 10. Tricky Pleasures

*Can money buy happiness? This chapter covers the question of how to deal with pleasure and explores the concepts of happiness and contentment.*

## 11. Speaking about Emotions

*How do you feel? How do you let others know? This chapter is about the words we use to describe our emotional states, the use of emojis in written conversation and the benefits of extending our emotional vocabulary.*

## 12. Memory

*Do you remember...? Do you really? This chapter explains the connection between emotion and memory and why it's not what it seems.*

## 13. Stories about Biases

*Why do we think we are right? This chapter illustrates some of the most common biases and provides tips on how to recognize them.*

## 14. Invisible Interlocutor

*Do you know who remains invisible to you in any conversation? This chapter is dedicated to five common channels of communication, and outlines the concepts of attentiveness and self-awareness.*

## 15. Emotionally Charged Conversations

*Are you ready for that life-changing discussion, when you are not? This chapter discusses the pitfalls of emotionally charged conversations and provides a framework for handling them better.*

## 16. The Harmony of Emotional Being

*This chapter summarizes the role of emotions in our lives and gives practical tips for reaching emotional harmony.*