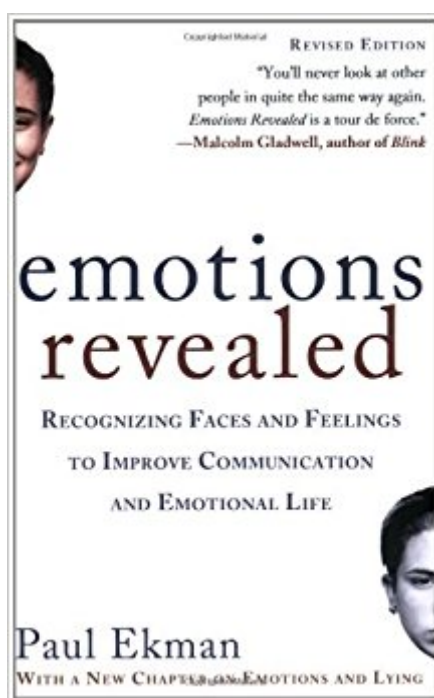


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# Emotions Revealed, Second Edition: Recognizing Faces And Feelings To Improve Communication And Emotional Life



## Synopsis

"A tour de force. If you read this book, you'll never look at other people in quite the same way again." —Malcolm Gladwell  
Renowned psychologist 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 who can identify the clues. As featured in Malcolm Gladwell's bestseller *Blink*, Ekman's Facial Action Coding System offers intense training in recognizing feelings in spouses, children, colleagues, even strangers on the street. In *Emotions Revealed*, Ekman distills decades of research into a practical, mind-opening, and life-changing guide to reading the emotions of those around us. He answers such questions as: How does our body signal to others whether we are slightly sad or anguished, peeved or enraged? Can we learn to distinguish between a polite smile and the genuine thing? Can we ever truly control our emotions? Packed with unique exercises and photographs, and a new chapter on emotions and lying that encompasses security and terrorism as well as gut decisions, *Emotions Revealed* is an indispensable resource for navigating our emotional world.

## Book Information

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## Customer Reviews

"There has not been a book on this subject of such range and insight since Darwin's famous *Expression of the Emotions* more than a century ago." --Oliver Sacks  
"*Emotions Revealed* will leave everyone who reads it more intelligent about their emotional life . . . A charming, sound, sane map to the world of emotions, the perfect guide." --Daniel Goleman, author of *Emotional Intelligence*

Paul Ekman is the world's foremost expert on facial expressions and the professor emeritus of psychology at the University of California Medical School in San Francisco. He has served as an adviser to police departments, antiterrorism groups, and animation studios, and Ekman's research inspired Lie to Me, the FOX TV series. The author of fifteen books, he lives in northern California.

Rather dull and monotonous reading. All examples revolve around hypothetical employer, employee, and promotion that is going down the tubes. Sometimes however something new and entertaining is popping up here and there

Very enlightening book on a skill that is not as easy to pick up as i would have thoughtn

Provided some very good information on the topic

Paul Ekman is a wonderful writer that helps us to understand others. If you've ever wondered if someone was being honest with you this book will be very helpful. People often put on whatever face they want you to see, but if you read this book you will learn the nuances to help you distinguish fact and fiction.

Good Book!

This book is so much more than I expected! I thought it was just gonna help me spot the lies people tell but it's helping me control my own emotions and reactions as well. I'm learning so much more about ME first and isn't that where everything begins?

In process of reading. It helps to understand human nature, and how to "read" the faces of people. Was recommended by continuing education instructor of how to understand difficult people.

I got hooked on the Fox Network's television show Lie To Me which was based loosely on Dr. Paul Ekman's work and life. I began reading Ekman's books and eventually got a Master of Science in Forensic Psychology (though disappointingly had very little to do with deception detection). This book isn't for the casual reader as the material is scientific and thus very dry. However, if you're interested in learning deception detection and learning to read facial microexpressions, get this

book. It's a great companion to one of Ekman's first books, *Unmasking the Face: A Guide to Recognizing Emotions From Facial Expressions*.

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