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## Emotion Science Cognitive and Neuroscientific Approaches to Understanding Human Emotions

**Fox, Elaine** (2008) Emotion Science Cognitive and Neuroscientific Approaches to Understanding Human Emotions. Palgrave Macmillan. ISBN 978-0-230-00517-4

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### Abstract

Emotion Science is a state-of-the-art introduction to the study of emotion. Drawing on an extraordinarily wide array of research from psychology and neuroscience, the author presents an integrated picture of our current understanding of normal as well as disordered emotions such as anxiety and depression. Theory and evidence are deftly interwoven, and key studies are critically evaluated on the basis of the experimental methods that were used, and assessed for their overall contribution to the broader field. The author draws a clear distinction between emotions, moods and feelings, and suggests how they can be understood within an integrated model.

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