



# The Psychology of Emotions (Emotions, Personality, and Psychotherapy)

*Carroll E. Izard*

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Emotions are a part of personality and essential to all human relationships, but how well do we understand what they really are? What are the processes by which they occur and influence us? How do they affect the way we perceive and interact with the world? In **The Psychology of Emotions**, author Carroll E. Izard provides a timely overview that focuses on the relevance of emotions to our daily lives as he addresses these and other fundamental questions on the activation, expression, experience, and functions of emotions.

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