Contents

Introduction: The Two-Thousand-Year-Old Assumption ix

1. Th	e Search	for	Emotion's	"Fingerprints"	1
-------	----------	-----	------------------	----------------	---

- 2. Emotions Are Constructed 25
- 3. The Myth of Universal Emotions 42
- 4. The Origin of Feeling 56
- 5. Concepts, Goals, and Words 84
- 6. How the Brain Makes Emotions 112
- 7. Emotions as Social Reality 128
- 8. A New View of Human Nature 152
- 9. Mastering Your Emotions 175
- 10. Emotion and Illness 199
- 11. Emotion and the Law 219
- 12. Is a Growling Dog Angry? 254
- 13. From Brain to Mind: The New Frontier 280

Acknowledgments 295

Appendix A: Brain Basics 304

Appendix B: Supplement for Chapter 2 309

Appendix C: Supplement for Chapter 3 311

Appendix D: Evidence for the Concept Cascade 313

Bibliography 323

Notes 369

Illustration Credits 412

Index 413