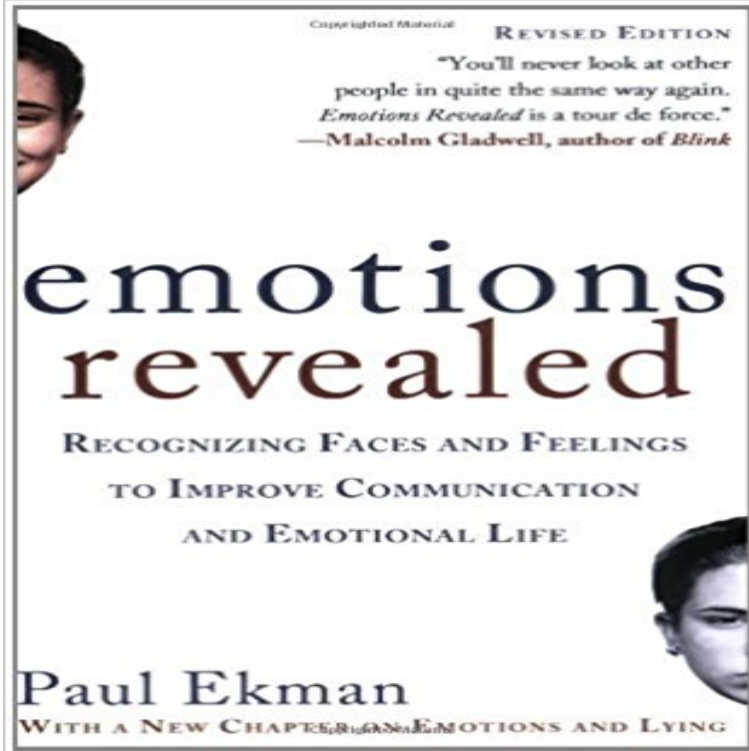


Emotions Revealed, Second Edition: Recognizing Faces and Feelings to Improve Communication and Emotional Life



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.

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