How Emotions Are Made

The Secret Life of the Brain

LISA FELDMAN BARRETT
Praise for
How Emotions Are Made

“This meticulous, well-researched, and deeply thought out book provides information about our emotions — what they are, where they come from, why we have them. For anyone who has struggled to reconcile brain and heart, this book will be a treasure; it explains the science without short-changing the humanism of its topic.”
— Andrew Solomon, best-selling author of Far from the Tree and The Noonday Demon

“A brilliant and original book on the science of emotion, by the deepest thinker about this topic since Darwin.”
— Daniel Gilbert, best-selling author of Stumbling on Happiness

“Everything you thought you knew about what you feel and why you feel it turns out to be stunningly wrong. Lisa Barrett illuminates the fascinating new science of our emotions, offering real-world examples of why it matters in realms as diverse as health, parenting, romantic relationships, and national security.”
— Peggy Orenstein, author of Girls & Sex

“After reading How Emotions Are Made, I will never think about emotions the same way again. Lisa Barrett opens up a whole new terrain for fighting gender stereotypes and making better policy.”
— Anne-Marie Slaughter, author of Unfinished Business

“What if everything you thought you knew about lust, anger, grief, and joy was wrong? Lisa Barrett is one of the psychology’s wisest and most creative scientists and her theory of constructed emotion is radical and fascinating. Through vivid examples and sharp, clear prose, How Emotions Are Made defends a bold new vision of the most central aspects of human nature.”
— Paul Bloom, author of Against Empathy and How Pleasure Works