



# Emotion

*Annett Schirmer*

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**Emotion**, by Annett Schirmer, is a comprehensive text that integrates traditional psychological theories and cutting-edge neuroscience research to explain the nature and role of emotions in human functioning. Written in an engaging style, the book explores emotions at the behavioral, physiological, mental, and neurofunctional (i.e., chemical, metabolic, and structural) levels, and examines each in a broad context, touching on different theoretical perspectives, regulatory processes, development, and culture, among others. Providing greater insight and depth than existing texts, the book offers a holistic view of the field, giving students a broader understanding of the mechanisms underlying emotions and enabling them to appreciate the role emotions play in their lives. In dedicated chapters, the text covers past and current theories of emotion, individual emotions and their bodily representation, the role of emotions for behavior and cognition, as well as interindividual differences.

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