



Voyages of the Heart

James R. Averill

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This book argues that, at a pre-conscious level at least, we control our emotions rather than being at the mercy of them. The authors say that we should seek to understand our emotions and thus be better equipped to cope with situations that provoke strong emotional responses. The book starts by using recent research in psychology, biology, anthropology and sociology to give an account of the nature of emotion and the extent to which individuals are able to control them. It goes on to compare the expression and management of emotion in men and women, and in different cultures and societies. Finally, it adduces evidence to support the theory that people who have a better understanding of their own emotions are more sympathetic towards others.

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