



The Emotional Brain: The Mysterious Underpinnings of Emotional Life

Joseph Ledoux

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What happens in our brains to make us feel fear, love, hate, anger, joy? Do we control our emotions, or do they control us? Do animals have emotions? How can traumatic experiences in early childhood influence adult behavior, even though we have no conscious memory of them? In *The Emotional Brain*, Joseph LeDoux investigates the origins of human emotions and explains that many exist as part of complex neural systems that evolved to enable us to survive.

One of the principal researchers profiled in Daniel Goleman's *Emotional Intelligence*, LeDoux is a leading authority in the field of neural science. In this provocative book, he explores the brain mechanisms underlying our emotions -- mechanisms that are only now being revealed.

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