

how emotions are made audiobook free

How Emotions Are Made Audiobook Free

Understanding emotions has long been a topic of interest for psychologists, neuroscientists, and philosophers. The book "How Emotions Are Made: The Secret Life of the Brain" by Lisa Feldman Barrett offers a revolutionary perspective on how our feelings are constructed, rather than being innate responses to the world around us. For those interested in diving deeper into this subject without spending a dime, accessing the audiobook version for free can be an exciting opportunity. This article explores various methods to find the "How Emotions Are Made" audiobook for free while also discussing the book's contents and significance.

Understanding "How Emotions Are Made"

The Premise of the Book

In "How Emotions Are Made," Barrett challenges the traditional view that emotions are biologically hardwired and universally experienced. Instead, she posits that emotions are constructed by our brains based on our experiences, cultural contexts, and environment. This groundbreaking theory is built on several key ideas:

1. **Conceptual Act Theory:** Emotions are not innate reactions but are constructed from various elements, including bodily sensations, past experiences, and social contexts.
2. **The Role of Language:** Language plays a critical role in shaping our emotional experiences. The words we use influence how we interpret our feelings and those of others.
3. **Cultural Variability:** Emotions are experienced and expressed differently across cultures, indicating that they are not fixed but rather flexible and shaped by our surroundings.

Why Listen to the Audiobook?

Audiobooks have become increasingly popular due to their convenience and accessibility. Listening to "How Emotions Are Made" offers several benefits:

- **Multitasking:** You can listen while commuting, exercising, or doing chores.
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Finding "How Emotions Are Made" Audiobook for Free

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3. Online Platforms and Podcasts

While complete audiobooks may not be available for free, some platforms might offer excerpts or discussions related to "How Emotions Are Made." Here's where to look:

- YouTube: Search for summaries or discussions about the book. Some channels might provide insights or readings from the book.
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- Consider using a digital app to make note-taking easier.

3. Join a Discussion Group

- Engage with others who are interested in the book. This could be through online forums, book clubs, or social media groups.
- Discussing the material can deepen your understanding and provide new insights.

Conclusion

Listening to "How Emotions Are Made" can be an enriching experience that challenges your understanding of emotions and their origins. With the various methods outlined above, you can easily access the audiobook for free and explore Lisa Feldman Barrett's insights at your convenience. Whether you're a student of psychology, a casual reader, or someone interested in personal development, this book offers a fresh perspective that could reshape how you

think about emotions. So, take the plunge, find that audiobook, and embark on a journey through the fascinating world of human emotions.

Frequently Asked Questions

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Is there a summary of 'How Emotions Are Made' available for free?

Yes, there are many websites and blogs that provide summaries and reviews of the book, which can give you insights without needing to listen to the full audiobook.

What are the themes explored in 'How Emotions Are Made'?

The book explores themes of emotion construction, the role of culture in shaping emotions, and the neuroscience behind emotional experiences.

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how emotions are made audiobook free: [Summary of How Emotions Are Made by Lisa Feldman Barrett](#) QuickRead, Lea Schullery, Learn About the Secret Life of the Brain. When you feel

sad, angry, happy, or anxious, what is really going on inside of you? For centuries, scientists have believed that our emotions come from a part of the brain that is triggered by our environment: the excitement for an upcoming holiday, the fear of losing a loved one, or the anxiety of meeting a deadline for work. These emotions seem uncontrollable and as if they surface automatically from within, eventually finding themselves on the expressions of our faces and in how we carry ourselves. People have long believed this theory about emotions since the days of Plato. But what if everything we know about emotions is wrong? Psychologist and neuroscientist Lisa Feldman Barrett gathers the latest scientific research and evidence to reveal that our common-sense ideas about emotions are long outdated. Instead of emotions being pre-programmed into our brains and bodies, emotions are much more complex than previously thought, and Dr. Barrett aims to prove how our emotions are shaped by our experiences and personal history. Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. DISCLAIMER: This book summary is meant as a preview and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book on QuickRead and want us to remove it, please contact us at hello@quickread.com.

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know all about her reasons for incarnation. When she started her journey she was not able to do it much but with time she improved. With her journey of meditation, not only did she get peace and happiness, she realised how magical this journey is. She unlocked all the inner realms of the human body. She learned how the universe can help you live a good life. She learned how the conscience can travel through time and came to know about her past life and reason for her incarnation. She learned how she can be strong like a tree in any weather and how she can utilize her time more effectively and still absorb energy from five elements of the universe. She also learned how the universe has gifted everyone 7 to 9 different gifts. Read this book to know more about her journey & how she unlocked these gifts.

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is, how it affects you, and what you can do about it. It will teach you to bring out your new 'can't care' mentality, turning your anxiety and self-doubt into confidence and self-control. • Discover why you care too much – and why it's doing you no good. • Ditch your insecurity and self-consciousness and be yourself. • Control your need for approval from others. • Cut out the anxiety, worry and self-doubt others cause you. • Learn how to spot and deal with toxic people – so you can stop them from walking all over you. It's time to find freedom by getting the tools and answers you need to care a lot less about what people think.

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