



# Emotionspsychologie: Ein Lehrbuch (Kohlhammer Standards Psychologie) (German Edition)

*Lothar Schmidt-Atzert, Martin Peper, Gerhard Stemmler*

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Emotionen sagen, was für uns wirklich wichtig ist. Wir erleben im Alltag Gefühle wie Freude, Angst und Traurigkeit und "erkennen" Emotionen bei anderen Menschen. Die psychologische Forschung hat sich seit über 100 Jahren mit Emotionen befasst. Heute verfügen wir über ein großes Repertoire an Methoden zur Auslösung von Emotionen und zu deren Messung. Psychologische und neurobiologische Erklärungsansätze geben Antworten auf die Frage, wie Emotionen entstehen. Umgekehrt beeinflussen Emotionen unser Denken und unser Verhalten. Das Lehrbuch behandelt in verständlicher Form zentrale Fragen der Emotionsforschung. Es orientiert sich dabei an klassischen Theorien und Untersuchungen wie auch an aktueller Forschung.

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