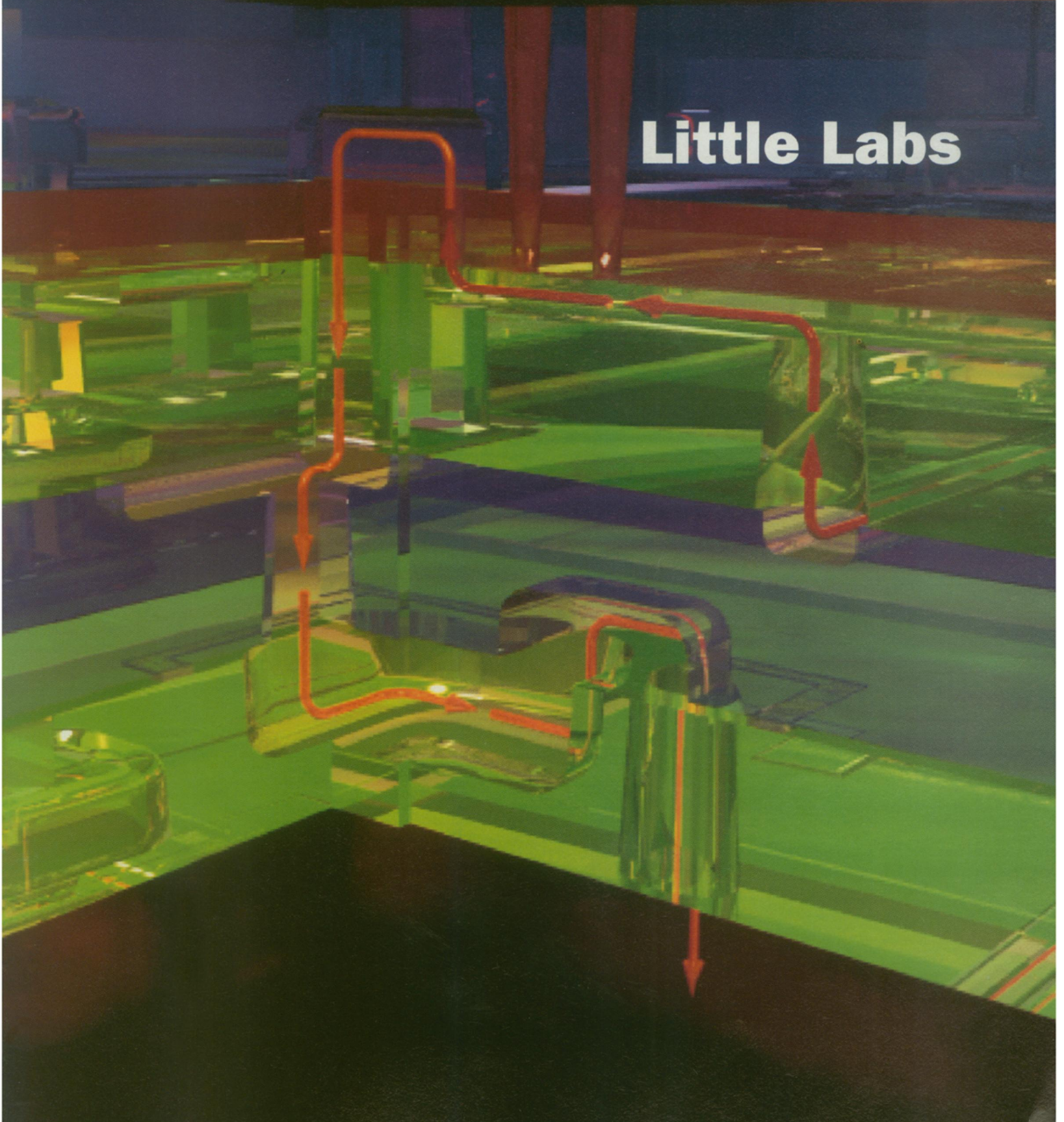


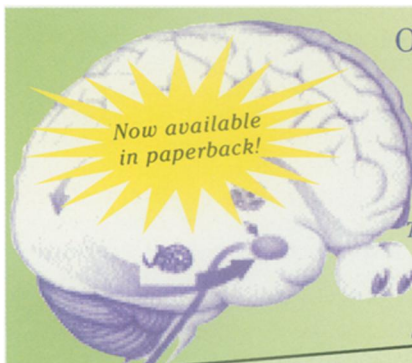
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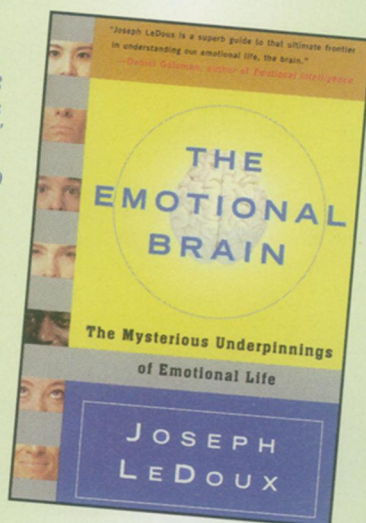




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What happens in our brains to make us feel fear, love, hate, anger, or joy? Do we control our emotions, or do our emotions control us? Do animals have emotions? In *The Emotional Brain*, Joseph LeDoux investigates the origins of human emotions and explains that many exist as part of complex neural systems that evolved to enable us to survive.

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Conscious feelings, says LeDoux, are somewhat irrelevant to the way the emotional brain works. He points out that emotional responses are hard-wired to the brain's circuitry, but the things that make us emotional are learned through experience. This may be the key to understanding, and even changing our emotional makeup. Many common psychiatric problems—such as phobias or post-traumatic stress disorder—involve malfunctions in the way emotional systems learn and remember. Understanding how these mechanisms normally work will have important consequences for how we view ourselves and how we treat emotional disorders.

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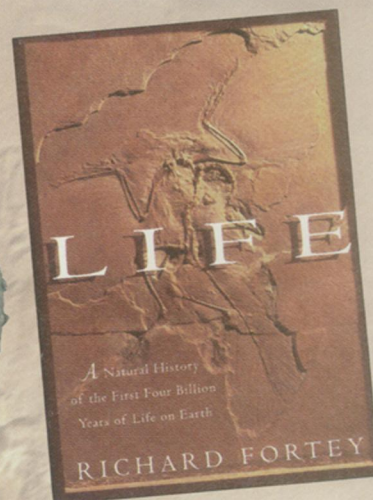
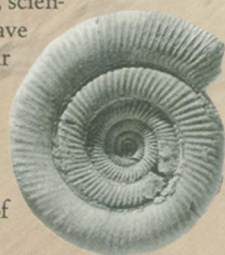
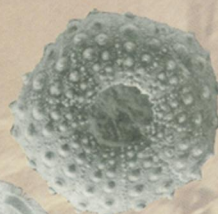
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