

## The Nine Emotional Lives Of Cats A Journey Into Feline Heart Jeffrey Moussaieff Masson

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### Our Emotional Footprint Revell

New York Times Bestselling Author of *Solito* "Every line resonates with a wind that crosses oceans."—Jamaal May "Zamora's work is real life turned into myth and myth made real life." —Glappitnova Javier Zamora was nine years old when he traveled unaccompanied 4,000 miles, across multiple borders, from El Salvador to the United States to be reunited with his parents. This dramatic and hope-filled poetry debut humanizes the highly charged and polarizing rhetoric of border-crossing; assesses borderland politics, race, and immigration on a profoundly personal level; and simultaneously remembers and imagines a birth country that's been left behind. Through an unflinching gaze, plainspoken diction, and a combination of Spanish and English, *Unaccompanied* crosses rugged terrain where families are lost and reunited, coyotes lead migrants astray, and "the thin white man let us drink from a hose / while pointing his shotgun." From "Let Me Try Again": He knew we weren't Mexican. He must've remembered his family coming over the border, or the border coming over them, because he drove us to the border and told us next time, rest at least five days, don't trust anyone calling themselves coyotes, bring more tortillas, sardines, Alhambra. He knew we would try again. And again—like everyone does. Javier Zamora was born in El Salvador and immigrated to the United States at the age of nine. He earned a BA at UC-Berkeley, an MFA at New York University, and is a 2016–2018 Wallace Stegner Fellow at Stanford University.

### The School of Life Delta

*The Emotional Life of the Great Depression* documents how Americans responded emotionally to the crisis of the Great Depression. Unlike most books about the 1930s, which focus almost exclusively on the despair of the American people during the decade, this volume explores the 1930s through other, equally essential emotions: righteousness, panic, fear, awe, love, and hope. In expanding the canon of Great Depression emotions, the book draws on an eclectic archive of sources, including the ravings of a would-be presidential assassin, stock market investment handbooks, a Cleveland serial murder case, Jesse Owens's record-setting long jump at the 1936 Berlin Olympics, King Edward VIII's abdication from his throne to marry a twice-divorced American woman, and the founding of Alcoholics Anonymous. In concert with these, it offers new readings of the imaginative literature of the period, from obscure Christian apocalyptic novels and H.P. Lovecraft short stories to classics like John Steinbeck's *The Grapes of Wrath* and Richard Wright's *Native Son*. The result is a new take on the Great Depression, one that emphasizes its major events (the stock market crash, unemployment, the passage of the Social Security Act) but also, and perhaps even more so, its sensibilities, its structures of feeling.

*A Fragile Stone* Oxford University Press, USA

Dogs fill our hearts with love and our minds with wonder, but their emotional lives have remained unexplored since Darwin 125 years ago. Now in *Dogs Never Lie About Love*, controversial psychoanalyst Jeffrey Masson brilliantly navigates the rich inner landscape of "our best friends." As he guides readers through the surprising depth of canine emotional complexity, Jeffrey Masson draws from myth and literature, from scientific studies, and from the stories and observations of dog trainers and dog lovers around the world. But the stars of the book are the author's own three dogs whose delightful and mysterious behavior provides the way to exploring a wide range of subjects—from emotions like gratitude, compassion, loneliness, and disappointment to speculating what dogs dream of and how their powerful sense of smell shapes their perception of reality. As he sweeps aside old prejudices on animal behavior, Masson reaches into a rich universe of dog feeling to its essential core, their "master emotion": love. Like the dogs he loves, Masson's writing will capture the reader with its playful, mysterious, and serious sides. Its surprising insights provide a new dimension of understanding for dog owners everywhere.

### The Emotional Life of the Toddler Simon and Schuster

Drawing from literature, history, animal behavioral research, and the wonderful true stories of cat experts and cat lovers around the world, Jeffrey Moussaieff Masson vividly explores the delights and mysteries of the feline heart. But at the core of this remarkable book are Masson's candid, often amusing observations of his own five cats. Their mischievous behavior, aloofness, and affection provide a way to examine emotions from contentment to jealousy, from anger to love. *The Nine Emotional Lives of Cats* captivate readers with its surprises, offering a new perspective on the deep connection shared by humans and their feline friends.

### The Emotional Life of School-Level Leaders Wheeler Publishing, Incorporated

*What Room Are You In?* Ask any woman how she's feeling. Even when things look pretty darn great from the outside, chances are that at least one thing (and it may seem minor to others) is nagging at her, making her feel less than spectacular, bringing her down: I'm too fat. My husband doesn't help enough around the house. My friend is going to be mad if I don't call her back. Why don't my kids try harder at school? My job is less than inspiring. Whatever happened to that old boyfriend, the one who got away? Whether it's the size of our thighs or our bank accounts, there always seems to be something that isn't measuring up to our high standards—and we let the dissatisfaction spill over into other areas of our lives, distracting us from taking pleasure in everything that's going right. In *The Nine Rooms of Happiness*, Lucy Danziger, editor in chief of *Self* magazine, and women's-health psychiatrist Catherine Birndorf use the metaphor of a house to release us from this phenomenon. In this house, the living room is where we deal with friendships and our social life; the bedroom is where we explore intimacy, romance, relationships, and sex; the bathroom is for issues relating to health and body image; the kitchen is for nourishment and the division of chores; and so on. Our "inner house" can have eight beautifully designed, neat and tidy rooms, and one messy one, and still we focus on the mess. *The Nine Rooms of Happiness* pinpoints common self-destructive patterns of behavior and offers key processes that will help readers clean up their emotional architecture. After each room is "clean," Danziger and Birndorf show us how we can spend time on ourselves figuring out what is most meaningful to us—finding larger passion and purpose that makes returning to the rest of our house a pleasure, no matter what calamity or mess awaits. The result? After reading this book you'll think differently about the things that are bringing you down and be able to live a happier, more joy filled life, in every room of your emotional house. From the outside, you'd think I have it all: beautiful house, wonderful children, devoted husband. But am I happy? I think so. There's nothing that has gone terribly wrong. There's no reason for me not to be happy. But I don't feel happy so much as I feel I'm just going through the motions. Sometimes I have the feeling that there's more and I just haven't found it yet. But what . . . and how dare I want more? Isn't all that I have enough? --from *The Nine Rooms of Happiness*

### Unaccompanied Ballantine Books

A seminal exploration of animal emotion, sentience, and cognition, revised and expanded to incorporate a surge of new science When award-winning scientist Marc Bekoff penned the first edition of this book in

2007, he predicted that over time our understanding of animal cognition and emotion would grow "richer, more accurate, and possibly different." Since then, not only has the field seen an explosion of new and startling research, but the popular interest in the subject has grown as well, spawning countless podcasts, articles, and bestselling books. Bekoff skillfully blends extraordinary stories of animal joy, empathy, grief, embarrassment, anger, and love with the latest scientific research confirming the existence of emotions that common sense and experience have long implied. Filled with light humor and compassion, *The Emotional Lives of Animals* is a clarion call for reassessing both how we view and how we treat animals.

### The Emotional Life of Nations Arrow

Jeffrey Moussaieff Masson's groundbreaking bestseller, *When Elephants Weep*, was the first book since Darwin's time to explore emotions in the animal kingdom, particularly from animals in the wild. Now, he focuses exclusively on the contained world of the farm animal, revealing startling, irrefutable evidence that barnyard creatures have feelings too, even consciousness. Weaving history, literature, anecdotes, scientific studies, and Masson's own vivid experiences observing pigs, cows, sheep, goats, and chickens over the course of five years, this important book at last gives voice, meaning, and dignity to these gentle beasts that are bred to be milked, shorn, butchered, and eaten. Can we ever know what makes an animal happy? Many animal behaviorists say no. But Jeffrey Masson has a different view: An animal is happy if it can live according to its own nature. Farm animals suffer greatly in this regard. Chickens, for instance, like to perch in trees at night, to avoid predators and to nestle with friends. The obvious conclusion: They cannot be happy when confined twenty to a cage. From field and barn, to pen and coop, Masson bears witness to the emotions and intelligence of these remarkable farm animals, each unique with distinct qualities. Curious, intelligent, self-reliant—many will find it hard to believe that these attributes describe a pig. In fact, there is much that humans share with pigs. They dream, know their names, and can see colors. Mother cows mourn the loss of their calves when their babies are taken away to slaughter. Given a choice between food that is nutritious or lacking in minerals, sheep will select the former, balancing their diet and correcting the deficiency. Goats display quite a sense of humor, dignity, and fearlessness (Indian goats have been known to kill leopards). Chickens are naturally sociable—they will gather around a human companion and stand there serenely preening themselves or sit quietly on the ground beside someone they trust. For far too long farm animals have been denigrated and treated merely as creatures of instinct rather than as sentient beings. Shattering the abhorrent myth of the "dumb animal without feelings," Jeffrey Masson has written a revolutionary book that is sure to stir human emotions far and wide.

### Permission to Feel Celadon Books

A seminal exploration of animal emotion, sentience, and cognition, revised and expanded to incorporate a surge of new science When award-winning scientist Marc Bekoff penned the first edition of this book in 2007, he predicted that over time our understanding of animal cognition and emotion would grow "richer, more accurate, and possibly different." Since then, not only has the field seen an explosion of new and startling research, but the popular interest in the subject has grown as well, spawning countless podcasts, articles, and bestselling books. Bekoff skillfully blends extraordinary stories of animal joy, empathy, grief, embarrassment, anger, and love with the latest scientific research confirming the existence of emotions that common sense and experience have long implied. Filled with light humor and compassion, *The Emotional Lives of Animals* is a clarion call for reassessing both how we view and how we treat animals.

### The Emotional Lives of Animals & Children Turning Stone Press

*Masson Begins By Asking If We Ever Know Precisely What Another Person Is Actually Feeling. It May Be No Harder, He Argues, To Discover The Truth About Feelings In Dogs. Yet For All Their Evident Loyalty, Heroism And Compassion, Masson Highlights Research Which Shows That Dogs Lie In A Universe Of Scent A Hundred Million Times More Acutely Appreciated Than By Man. It Is A World Of Emotions Readily Available Only To Other Dogs. To Discover More About The Complex But Transparent Nature Of Canine Emotional Responses, Masson Acquired Three Large Dogs To From A Community With His Own Family And Set About A Close Scrutiny Of Their Feelings - The First, He Says Since Charles Darwin Pointed Us In The Right Direction 125 Years Ago.*

### Self and Emotional Life Ballantine Books

This highly innovative new book reconsiders the structure of basic emotions, the self and the mind. It clinically covers mental disorders, therapeutic interventions, defense mechanisms, consciousness and personality and results in a comprehensive discussion of human responses to the environmental crisis. For openers, a novel psychodynamic model of happiness, sadness, fear and anger is presented that captures their object relational features. It offers a look through the eyes of these specific emotions and delineates how they influence the interaction with other persons. As regulation of the emotional state is the core task of the self, dysregulation can lead to mental disorders. Clinical cases of post-traumatic stress disorder, obsessive compulsive disorder and depression are discussed, using the model to outline the emotional turbulence underneath. Finally, the elaborated theory is used to analyse personal responses to the environmental crisis and political strategies that capitalise on them. This book will appeal to scholars, psychotherapists and psychiatrists with an interest in emotions and who wish to challenge their own implicit theory of emotion with an explicit new model. It will also be of interest for academic researchers and professionals in fields where emotional processes play a pivotal role.

### Dogs Never Lie About Love InterVarsity Press

Now updated with new material throughout, Alicia F. Lieberman's *The Emotional Life of the Toddler* is the seminal, detailed look into the varied and intense emotional life of children aged one to three. Hailed as "groundbreaking" by *The Boston Globe* after its initial publication, the new edition includes the latest research on this crucial stage of development. Anyone who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Alicia F. Lieberman offers an in-depth examination of toddlers' emotional development, and illuminates how to optimize this crucial stage so that toddlers can develop into emotionally healthy children and adults. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is "no" often the favorite response of the toddler? How should parents deal with the anger they might feel when their toddler is being aggressively stubborn? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? This updated edition also addresses twenty-first century concerns such as how to handle screen time on devices and parenting in a post-internet world. With the help of numerous examples and vivid cases, Lieberman answers these and other questions, providing, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

### Inventing the Psychological Routledge

"A collection of essays, written for this volume by leaders in the field, that study the emotional and cognitive significance of narrative and its implications for aesthetics and the philosophy of art"--Provided by publisher.

### The Emotional Lives of Animals Vintage

'An unbelievably inspiring book' Peter Wohlleben, author of *The Hidden Life of Trees* Did you know that pigs frequently throw tantrums? That chickens are capable of complex communication? That sheep know their own names? That cows grieve when their calves are taken away from them? Jeffrey Masson delves deep into the mysterious world of farm animals and reveals just how sophisticated these creatures truly are - capable of joy, sadness, love and friendship - just like us.

### The Nine Emotional Lives of Cats Dr. Daniel Shepherd

Some investigators have argued that emotions, especially animal emotions, are illusory concepts outside the realm of scientific inquiry. However, with advances in neurobiology and neuroscience, researchers are demonstrating that this position is wrong as they move closer to a lasting understanding of the biology and psychology of emotion. In *Affective Neuroscience*, Jaak Panksepp provides the most up-to-date information about the brain-operating systems that organize the fundamental emotional tendencies of all mammals. Presenting complex material in a readable manner, the book offers a comprehensive summary of the fundamental neural sources of human and animal feelings, as well as a conceptual framework for studying emotional systems of the brain. Panksepp approaches emotions from the perspective of basic emotion theory but does not fail to address the complex issues raised by constructionist approaches. These issues include relations to human consciousness and the psychiatric implications of this knowledge. The book includes chapters on sleep and arousal, pleasure and fear systems, the sources of rage and anger, and the neural control of sexuality, as well as the more subtle emotions related to maternal care, social loss, and playfulness. Representing a synthetic integration of vast amounts of neurobehavioral knowledge, including relevant neuroanatomy, neurophysiology, and neurochemistry, this book will be one of the most important contributions to understanding the biology of emotions since Darwin's *The Expression of the Emotions in Man and Animals*.  
Emotional Intelligence Penguin UK

The second edition of *Understanding the Social and Emotional Lives of Gifted Students* presents a comprehensive treatment of social and emotional development in high-ability learners. This text: Discusses theories that guide the examination of the lived experiences of gifted students. Features new topics, such as cyberbullying and microaggressions. Covers social and emotional characteristics and behaviors evidenced in gifted learners. Includes considerations for gifted underachievers, gifted culturally diverse students, twice-exceptional students, LGBTQ gifted students, and young people from low-income backgrounds. Describes gifted students' friendships and family relationships that support them, contextual influences that shape their social and emotional lives, and identity development. The author provides a wealth of field-tested strategies for addressing social and emotional development. In addition, the book offers a plan for designing a gifted-friendly classroom environment to support the social and emotional well-being of gifted students and a comprehensive collection of resources to support professionals in gifted education research and practice.  
Smiling Bears Yale University Press

This book engages with what are widely recognized as the two core dimensions of emotion. When we are afraid, glad or disappointed, we feel a certain way; moreover, our emotion is intentional or directed at something: we are afraid of something, glad or disappointed about something. Connecting with a vital strand of recent philosophical thinking, Müller conceives of these two aspects of emotion as unified. Examining different possible ways of developing the view that the feeling dimension of emotion is itself intentional, he argues against the currently popular view that it is a form of perception-like receptivity to value. Müller instead proposes that emotional feeling is a specific type of response to value, an affective 'position-taking'. This alternative conceives of emotional feeling as intimately related to our cares and concerns. While situating itself within the analytic-philosophical debate on emotion, the discussion crucially draws on ideas from the early phenomenological tradition and thinks past the theoretical strictures of many contemporary approaches to this subject. The result is an innovative view of emotional feeling as a thoroughly personal form of engagement with value.

### The Cat who Came in from the Cold John Hunt Publishing

The National Book Award Finalist and New York Times bestseller that became a guide and balm for a country struggling to understand the election of Donald Trump "A generous but disconcerting look at the Tea Party. . . . This is a smart, respectful and compelling book." —Jason DeParle, *The New York Times Book Review* When Donald Trump won the 2016 presidential election, a bewildered nation turned to *Strangers in Their Own Land* to understand what Trump voters were thinking when they cast their ballots. Arlie Hochschild, one of the most influential sociologists of her generation, had spent the preceding five years immersed in the community around Lake Charles, Louisiana, a Tea Party stronghold. As Jedediah Purdy put it in the *New Republic*, "Hochschild is fascinated by how people make sense of their lives. . . . [Her] attentive, detailed portraits . . . reveal a gulf between Hochschild's 'strangers in their own land' and a new elite." Already a favorite common read book in communities and on campuses across the country and called "humble and important" by David Brooks and "masterly" by Atul Gawande, Hochschild's book has been lauded by Noam Chomsky, New Orleans mayor Mitch Landrieu, and countless others. The paperback edition features a new afterword by the author reflecting on the election of Donald Trump and the other events that have unfolded both in Louisiana and around the country since the hardcover edition was published, and also includes a readers' group guide at the back of the book.

### The Emotional Lives of Animals (revised) Emerald Group Publishing

This is a book about everything you were never taught at school. It's about how to understand your emotions, find and sustain love, succeed in your career, fail well and overcome shame and guilt. It's also about letting go of the myth of a perfect life in order to achieve genuine emotional maturity. Written in a hugely accessible, warm and humane style, *The School of Life* is the ultimate guide to the emotionally fulfilled lives we all long for - and deserve. This book brings together ten years of essential and transformative research on emotional intelligence, with practical topics including: - how to understand yourself - how to master the dilemmas of relationships - how to become more effective at work - how to endure failure - how to grow more serene and resilient.

### Exploring the Emotional Life of the Mind Penguin

Interdisciplinary scholars investigate how emotions have been shaped by mass media, economics, domesticity, and the arts due to ideological changes in the family, race class gender and sexuality over the past two centuries in America.

### The Pig Who Sang to the Moon The New Press

Everyone experiences drama and unexpected changes in their lives. We've all exulted and endured. We've had loves and losses. We've tasted joys and sorrows and successes and setbacks. But each person reacts differently to these issues. In *Our Emotional Footprint* author Dr. Saul Levine examines humans reactions to relationships, life changes, and unexpected events. Levine introduces ten unique people who are passengers in a single rail car and details their fascinating life stories. He looks at how the passengers fared at different points in their lives, how they may have been courageous at times and fearful at others, or were both caring and callous at different times.

Through the lens of the four Bs being, belonging, believing, and benevolence *Our Emotional Footprint* examines their lives and our own, how they've affected others in the course of their lives, and how they may have been resilient in the face of defeat and gracious in times of success. A celebration of so-called ordinary people, *Our Emotional Footprint* offers a collection of stories that provide a unique glimpse at life's pathways and complexities and how we deal with our hopes and expectations. Praise for *Our Emotional Footprint* Irv Yalom, MD: a wonderful and original book the stories are wise and compassionate Dean Delis, PhD: a rare treasure deep compassion and wisdom E. Fuller Torrey, MD: helps us analyze our own life tapestry and the emotional footprint which will be our heritage strongly recommended