

# **3 Components Of Emotion Psychology**

## **3 Components of Emotion Psychology: A Comprehensive Examination**

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Keywords: 3 components of emotion psychology, emotion, feeling, cognition, physiology, behavior, emotional regulation, emotional intelligence, psychology

Abstract: This article delves into the three core components of emotion psychology: physiological arousal, cognitive appraisal, and behavioral expression. We will explore each component in detail, analyzing their individual contributions to the overall emotional experience and the intricate ways they interact. Furthermore, we will examine the challenges researchers face in studying these components and discuss the opportunities presented by advancements in neuroscience and technology for a more comprehensive understanding of the 3 components of emotion psychology.

### **1. Introduction: Unpacking the Tripartite Nature of Emotion**

The study of emotion is a cornerstone of psychology, impacting fields from clinical practice to social dynamics. While the experience of emotion feels singular and immediate, a deeper understanding reveals a complex interplay of factors. The dominant model within the 3 components of emotion psychology posits that emotions are comprised of three key components: physiological arousal, cognitive appraisal, and behavioral expression. This tripartite model provides a framework for understanding the multifaceted nature of emotional experiences. Each component contributes significantly to the overall emotional state, and their interaction creates the rich tapestry of human feeling.

### **2. Physiological Arousal: The Bodily Basis of Emotion**

The physiological component of the 3 components of emotion psychology encompasses the bodily changes that accompany emotional experiences. These changes involve the autonomic nervous system, resulting in alterations in heart rate, respiration, skin conductance, muscle tension, and hormonal release. For example, fear triggers the release of adrenaline, leading to increased heart rate and rapid breathing. Similarly, sadness might manifest as decreased energy levels and a slower heart rate. These physiological responses are largely involuntary and occur before conscious

awareness of the emotion, suggesting their fundamental role in the emotional process.

**Challenges:** Measuring physiological arousal presents challenges. Individual variations in baseline physiological levels and the influence of other factors (e.g., stress, illness) can complicate the interpretation of data. Furthermore, different emotions can produce similar physiological responses, making it difficult to distinguish between them solely based on physiological measures.

**Opportunities:** Advancements in neuroimaging techniques, such as fMRI and EEG, offer opportunities to gain a more nuanced understanding of the neural correlates of physiological arousal in the 3 components of emotion psychology. These techniques allow researchers to pinpoint specific brain regions involved in processing different emotions and track the temporal dynamics of physiological responses.

### **3. Cognitive Appraisal: Making Sense of Our Feelings**

The cognitive component of the 3 components of emotion psychology refers to the process of interpreting and evaluating the significance of a situation or event. This appraisal shapes our emotional experience by determining how we understand and react to a stimulus. For example, encountering a dog might elicit fear in someone with a history of dog bites, while someone who loves dogs might experience joy. The same stimulus, therefore, can lead to vastly different emotional responses depending on individual cognitive appraisal. This cognitive interpretation is crucial because it provides context and meaning to the physiological arousal, turning a simple physiological response into a specific emotion.

**Challenges:** Cognitive appraisals are subjective and difficult to measure directly. Individuals may not be fully aware of their own appraisal processes, and retrospective reports can be influenced by biases and memory distortions. Furthermore, cultural differences in appraisal processes can impact emotional responses to the same stimuli.

**Opportunities:** Research on implicit cognitive processes and the use of experimental paradigms that manipulate cognitive appraisals provide valuable insights. Examining the interaction between conscious and unconscious appraisal processes is a significant area of ongoing research within the 3 components of emotion psychology.

### **4. Behavioral Expression: Communicating Emotion**

The behavioral component of the 3 components of emotion psychology encompasses the observable actions and expressions that accompany emotions. These expressions can range from facial expressions (e.g., smiling, frowning) and body language (e.g., posture, gestures) to overt behaviors (e.g., shouting, crying, running). These behavioral responses are often culturally shaped and serve the function of communicating emotions to others. They can also be a means of regulating emotions, such as engaging in physical activity to cope with stress.

**Challenges:** Interpreting behavioral expressions can be complex, as cultural variations exist in the display rules for emotions. What is considered an appropriate expression in one culture may be seen as inappropriate in another. Furthermore, individuals can mask or suppress their emotional expressions, making accurate interpretation challenging.

**Opportunities:** Advances in facial expression recognition technology and the use of observational studies in naturalistic settings provide opportunities to gain a more comprehensive understanding of behavioral expressions. The combination of behavioral observation with physiological and cognitive measures can help clarify the relationships between the three components of emotion within the 3 components of emotion psychology.

## **5. The Interplay of Components: A Dynamic System**

The three components of the 3 components of emotion psychology – physiological arousal, cognitive appraisal, and behavioral expression – do not operate independently. They are dynamically interconnected and influence one another in a complex feedback loop. Physiological arousal provides the foundation for emotional experience, but its interpretation is shaped by cognitive appraisal. This appraisal, in turn, influences behavioral expression. For instance, increased heart rate (physiological) might be interpreted as excitement (cognitive) leading to enthusiastic clapping and cheering (behavioral) at a concert. The same physiological arousal might be interpreted as fear (cognitive) in a different context, leading to avoidance behavior (behavioral). Understanding this interplay is crucial for a complete understanding of emotion.

## **6. Challenges and Opportunities in Studying the 3 Components of Emotion Psychology**

Research on the 3 components of emotion psychology faces significant challenges, particularly in isolating and measuring each component independently. However, advancements in technology and methodological approaches offer promising opportunities. Neuroimaging techniques provide detailed insights into the neural substrates of emotion. Sophisticated statistical models allow for the examination of complex interactions between components. The integration of multiple measurement approaches provides a more holistic understanding of the 3 components of emotion psychology.

## **7. Conclusion**

The 3 components of emotion psychology – physiological arousal, cognitive appraisal, and behavioral expression – provide a comprehensive framework for understanding the complex nature of emotional experiences. While research challenges remain, the integration of diverse methodologies and technological advances offers exciting opportunities to deepen our understanding of this

fundamental aspect of human experience. By recognizing the dynamic interplay between these components, we can develop more effective strategies for emotional regulation and enhance our overall well-being.

## FAQs

1. What is the difference between feeling and emotion? While often used interchangeably, "feeling" generally refers to the subjective experience of emotion, while "emotion" encompasses the broader physiological, cognitive, and behavioral components.
2. Can emotions be controlled? While we can't completely control emotions, we can learn to regulate them through techniques such as mindfulness, cognitive restructuring, and behavioral strategies.
3. How do cultural factors influence emotion? Culture shapes our appraisal processes, influencing how we interpret events and express emotions. Display rules dictate which emotions are deemed appropriate to express in certain social contexts.
4. What is the role of the amygdala in emotion? The amygdala is a key brain structure involved in processing emotional information, particularly fear and aggression.
5. What are the implications of the 3 components of emotion psychology for clinical practice? Understanding the components helps clinicians develop targeted interventions for emotional disorders, focusing on physiological regulation, cognitive restructuring, and behavioral modification.
6. How does stress impact the 3 components of emotion psychology? Chronic stress can disrupt the balance between components, leading to heightened physiological arousal, distorted cognitive appraisals, and maladaptive behavioral responses.
7. How can emotional intelligence be improved? Emotional intelligence can be enhanced through self-awareness, self-regulation, empathy, and social skills training.
8. What are some examples of maladaptive emotional responses? Examples include panic attacks, phobias, aggressive outbursts, and emotional suppression.
9. How can understanding the 3 components of emotion psychology help in interpersonal relationships? Understanding the components can improve communication, empathy, and conflict resolution by recognizing and responding to the emotional needs of others.

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**3 components of emotion psychology:** *Handbook of Cognition and Emotion* Tim Dalgleish, Mick Power, 2000-11-21 Edited by leading figures in the field, this handbook gives an overview of the current status of cognition and emotion research by giving the historical background to the debate and the philosophical arguments before moving on to outline the general aspects of the various research traditions. This handbook reflects the latest work being carried out by the key people in the field.

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**3 components of emotion psychology: What is an Emotion?** Dr. William James, 2013-03-25 I should say first of all that the only emotions I propose expressly to consider here are those that have a distinct bodily expression. That there are feelings of pleasure and displeasure, of interest and excitement, bound up with mental operations, but having no obvious bodily expression for their consequence, would, I suppose, be held true by most readers. Certain arrangements of sounds, of lines, of colours are agreeable, and others the reverse, without the degree of the feeling being sufficient to quicken the pulse or breathing, or to prompt to movements of either the body or the face. Certain sequences of ideas charm us as much as others tire us. It is a real intellectual delight to get a problem solved, and a real intellectual torment to have to leave it unfinished. The first set of examples, the sounds, lines, and colours, are either bodily sensations, or the images of such. The second set seem to depend on processes in the ideational centres exclusively. Taken together, they appear to prove that there are pleasures and pains inherent in certain forms of nerve-action as such, wherever that action occur. The case of these feelings we will at present leave entirely aside, and confine our attention to the more complicated cases in which a wave of bodily disturbance of some kind accompanies the perception of the interesting sights or sounds, or the passage of the exciting train of ideas. Surprise, curiosity, rapture, fear, anger, lust, greed, and the like, become then the names of the mental states with which the person is possessed. The bodily disturbances are said to be the manifestation of these several emotions, their expression or natural language; and these emotions themselves, being so strongly characterized both from within and without, may be called the standard emotions. --William James

**3 components of emotion psychology: Cognition and Emotion** Jan de Houwer, Dirk Hermans, 2010-05-09 Emotions are complex and multifaceted phenomena. Although they have been examined from a variety of perspectives, the study of the interaction between cognition and emotion has always occupied a unique position within emotion research. Many philosophers and psychologists have been fascinated by the relationship between thinking and feeling. During the past 30 years, research on the relationship between cognition and emotion has boomed and so many studies on this topic have been published that it is difficult to keep track of the evidence. This book fulfils the need for a review of the existing evidence on particular aspects of the interplay between cognition and emotion. The book assembles a collection of state-of-the-art reviews of the most important topics in cognition and emotion research: emotion theories, feeling and thinking, the perception of emotion, the expression of emotion, emotion regulation, emotion and memory, and emotion and attention. By bringing these reviews together, this book presents a unique overview of the knowledge that has been generated in the past decades about the many and complex ways in which cognition and emotion interact. As such, it provides a useful tool for both students and researchers alike, in the fields of social, clinical and cognitive psychology.

**3 components of emotion psychology: Psychology** Richard A. Griggs, 2008-02-15 The updated 2nd edition of this brief introduction to Psychology, is more accessible and ideal for short courses. This is a brief, accessible introductory psychology textbook. The updated 2nd edition of this clear and brief introduction to Psychology is written by the award-winning lecturer and author Richard Griggs. The text is written in an engaging style and presents a selection of carefully chosen core concepts in psychology, providing solid topical coverage without drowning the student in a sea of details.

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**3 components of emotion psychology: *The Psychological Construction of Emotion*** Lisa

Feldman Barrett, James A. Russell, 2014-10-29 This volume presents cutting-edge theory and research on emotions as constructed events rather than fixed, essential entities. It provides a thorough introduction to the assumptions, hypotheses, and scientific methods that embody psychological constructionist approaches. Leading scholars examine the neurobiological, cognitive/perceptual, and social processes that give rise to the experiences Western cultures call sadness, anger, fear, and so on. The book explores such compelling questions as how the brain creates emotional experiences, whether the ingredients of emotions also give rise to other mental states, and how to define what is or is not an emotion. Introductory and concluding chapters by the editors identify key themes and controversies and compare psychological construction to other theories of emotion.

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Virgil Zeigler-Hill, Todd K. Shackelford, 2020-03-11 This Encyclopedia provides a comprehensive overview of individual differences within the domain of personality, with major sub-topics including assessment and research design, taxonomy, biological factors, evolutionary evidence, motivation, cognition and emotion, as well as gender differences, cultural considerations, and personality disorders. It is an up-to-date reference for this increasingly important area and a key resource for those who study intelligence, personality, motivation, aptitude and their variations within members of a group.

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**3 components of emotion psychology: Writing Emotions** Ingeborg Jandl, Susanne Knaller, Sabine Schönfellner, Gudrun Tockner, 2018-07-31 After a long period of neglect, emotions have become an important topic within literary studies. This collection of essays stresses the complex link between aesthetic and non-aesthetic emotional components and discusses emotional patterns by

focusing on the practice of writing as well as on the impact of such patterns on receptive processes. Readers interested in the topic will be presented with a concept of aesthetic emotions as formative both within the writing and the reading process. Essays, ranging in focus from the beginning of modern drama to digital formats and theoretical questions, examine examples from English, German, French, Russian and American literature. Contributors include Angela Locatelli, Vera Nünning, and Gesine Lenore Schiewer.

**3 components of emotion psychology:** *The Oxford Handbook of Event-Related Potential Components* Steven J. Luck, Emily S. Kappenman, 2012-01-12 The Oxford Handbook of Event-Related Potential Components provides a detailed and comprehensive overview of the major ERP components. It covers components related to multiple research domains, including perception, cognition, emotion, neurological and psychiatric disorders, and lifespan development.

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about EI and its relation to other forms of intelligence. The book thus reflects the diverse approaches to finding solutions for the still unresolved conceptual and empirical problems, and offers a critical appraisal of the current status of EI. Theory, measurement, and application of emotional intelligence, presented and critically reviewed by the world's leading experts.

**3 components of emotion psychology: The Aesthetics of Emotion** Gerald C. Cupchik, 2016-07-28 Gerald C. Cupchik builds a bridge between science and the humanities, arguing that interactions between mind and body in everyday life are analogous to relations between subject matter and style in art. According to emotional phase theory, emotional reactions emerge in a 'perfect storm' whereby meaningful situations evoke bodily memories that unconsciously shape and unify the experience. Similarly, in expressionist or impressionist painting, an evocative visual style can spontaneously colour the experience and interpretation of subject matter. Three basic situational themes encompass complementary pairs of primary emotions: attachment (happiness - sadness), assertion (fear - anger), and absorption (interest - disgust). Action episodes, in which a person adapts to challenges or seeks to realize goals, benefit from energizing bodily responses which focus attention on the situation while providing feedback, in the form of pleasure or pain, regarding success or failure. In high representational paintings, style is transparent, making it easier to fluently identify subject matter.

**3 components of emotion psychology: Handbook of Infant Development** Joy D. Osofsky, 1987-05-14 This Second Edition of the Handbook does much more than update the first edition; because the field of infancy has grown so much in recent years, and continues to grow, this volume now includes perspectives on many new issues. Covers issues such as the concept and influence of temperament, meaning of attachment relationships, continuities and discontinuities, infant mental health, media, society and child development. The Second Edition includes several European chapters, providing a review of infancy research from the Continent. Includes more clinical perspectives on infant development and discusses implications of the research for intervention and application.

**3 components of emotion psychology: Oxford Companion to Emotion and the Affective Sciences** David Sander, Klaus Scherer, 2014-02-06 Few areas have witnessed the type of growth we have seen in the affective sciences in the past decades. Across psychology, philosophy, economics, and neuroscience, there has been an explosion of interest in the topic of emotion and affect. Comprehensive, authoritative, up-to-date, and easy-to-use, the new Oxford Companion to Emotion and the Affective Sciences is an indispensable resource for all who wish to find out about theories, concepts, methods, and research findings in this rapidly growing interdisciplinary field - one that brings together, amongst others, psychologists, neuroscientists, social scientists, philosophers, and historians. Organized by alphabetical entries, and presenting brief definitions, concise overviews, and encyclopaedic articles (all with extensive references to relevant publications), this Companion lends itself to casual browsing by non-specialists interested in the fascinating phenomena of emotions, moods, affect disorders, and personality as well as to focused search for pertinent information by students and established scholars in the field. Not only does the book provide entries on affective phenomena, but also on their neural underpinnings, their cognitive antecedents and the associated responses in physiological systems, facial, vocal, and bodily expressions, and action tendencies. Numerous entries also consider the role of emotion in society and social behavior, as well as in cognitive processes such as those critical for perception, attention, memory, judgement and decision-making. The volume has been edited by a group of internationally leading authorities in the respective disciplines consisting of two editors (David Sander and Klaus Scherer) as well as group of 11 associate editors (John T. Cacioppo, Tim Dalgleish, Robert Dantzer, Richard J. Davidson, Ronald B. de Sousa, Phoebe C. Ellsworth, Nico Frijda, George Loewenstein, Paula M. Niedenthal, Peter Salovey, and Richard A. Shweder). The members of the editorial board have commissioned and reviewed contributions from major experts on specific topics. In addition to comprehensive coverage of technical terms and fundamental issues, the volume also highlights current debates that inform the ongoing research process. In addition, the Companion contains a wealth of material on the role

of emotion in applied domains such as economic behaviour, music and arts, work and organizational behaviour, family interactions and group dynamics, religion, law and justice, and societal change. Highly accessible and wide-ranging, this book is a vital resource for scientists, students, and professionals eager to obtain a rapid, conclusive overview on central terms and topics and anyone wanting to learn more about the mechanisms underlying the emotions dominating many aspects of our lives.

### **3 components of emotion psychology: Emotional Branding** Marc Gobe, 2010-02-09

Emotional Branding is the best selling revolutionary business book that has created a movement in branding circles by shifting the focus from products to people. The “10 Commandments of Emotional Branding” have become a new benchmark for marketing and creative professionals, emotional branding has become a coined term by many top industry experts to express the new dynamic that exists now between brands and people. The emergence of social media, consumer empowerment and interaction were all clearly predicted in this book 10 years ago around the new concept of a consumer democracy. In this updated edition, Marc Gobé covers how social media helped elect Barack Obama to the White House, how the idea behind Twitter is transforming our civilization, and why new generations are re-inventing business, commerce, and management as we know it by leveraging the power of the web. In studying the role of women as shoppers in chief, and defining the need to look at the marketplace by recognizing differences in origins, cultures, and choices, Emotional Branding foresaw the break up of mass media to more targeted and culturally sensitive modes of communications. As the first marketing book ever to study the role of the LGBTQ community as powerful influencers for many brands, Emotional Branding opened the door to a renewed sensitivity toward traditional research that privilege individuality and the power of the margins to be at the center of any marketing strategy. A whole segment in the book looks at the role of the senses in branding and design. The opportunity that exists in understanding how we feel about a brand determines how much we want to buy. By exploring the 5 senses, Emotional Branding shows how some brands have built up their businesses by engaging in a sensory interaction with their consumers. Emotional Branding explores how effective consumer interaction needs to be about senses and feelings, emotions and sentiments. Not unlike the Greek culture that used philosophy, poetry, music, and the art of discussion and debate to stimulate the imagination, the concept of emotional branding establishes the forum in which people can convene and push the limits of their creativity. Through poetry the Greeks invented mathematics, the basis of science, sculpture, and drama. Unless we focus on humanizing the branding process we will lose the powerful emotional connection people have with brands. Critics hailed Emotional Branding as a breakthrough and a fresh approach to building brands. Design in this book is considered a new media, the web a place where people will share information and communicate, architecture a part of the brand building process, and people as the most powerful element of any branding strategy. Most importantly, it emphasizes the need to transcend the traditional language of marketing--from one based on statistics and data to a visually compelling new form of communication that fosters creativity and innovation. Allworth Press, an imprint of Skyhorse Publishing, publishes a broad range of books on the visual and performing arts, with emphasis on the business of art. Our titles cover subjects such as graphic design, theater, branding, fine art, photography, interior design, writing, acting, film, how to start careers, business and legal forms, business practices, and more. While we don't aspire to publish a New York Times bestseller or a national bestseller, we are deeply committed to quality books that help creative professionals succeed and thrive. We often publish in areas overlooked by other publishers and welcome the author whose expertise can help our audience of readers.

### **3 components of emotion psychology: Transforming the Workforce for Children Birth Through Age 8** National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on the Science of Children Birth to Age 8: Deepening and Broadening the Foundation for Success, 2015-07-23

Children are already learning at birth, and they develop and learn at a rapid pace in their early years. This provides a critical foundation for lifelong progress, and the adults who provide for the care and the education of young children bear a great

responsibility for their health, development, and learning. Despite the fact that they share the same objective - to nurture young children and secure their future success - the various practitioners who contribute to the care and the education of children from birth through age 8 are not acknowledged as a workforce unified by the common knowledge and competencies needed to do their jobs well. *Transforming the Workforce for Children Birth Through Age 8* explores the science of child development, particularly looking at implications for the professionals who work with children. This report examines the current capacities and practices of the workforce, the settings in which they work, the policies and infrastructure that set qualifications and provide professional learning, and the government agencies and other funders who support and oversee these systems. This book then makes recommendations to improve the quality of professional practice and the practice environment for care and education professionals. These detailed recommendations create a blueprint for action that builds on a unifying foundation of child development and early learning, shared knowledge and competencies for care and education professionals, and principles for effective professional learning. Young children thrive and learn best when they have secure, positive relationships with adults who are knowledgeable about how to support their development and learning and are responsive to their individual progress. *Transforming the Workforce for Children Birth Through Age 8* offers guidance on system changes to improve the quality of professional practice, specific actions to improve professional learning systems and workforce development, and research to continue to build the knowledge base in ways that will directly advance and inform future actions. The recommendations of this book provide an opportunity to improve the quality of the care and the education that children receive, and ultimately improve outcomes for children.

**3 components of emotion psychology:** *The Cambridge Handbook of Situated Cognition* Philip Robbins, Murat Aydede, 2009 This book is a guide to a movement in cognitive science showing how environmental and bodily structure shapes cognition.

**3 components of emotion psychology:** *International Review of Studies on Emotion* Kenneth T. Strongman, 1991-07-09 Contributions to this volume include two very different views of infant emotion: an evolutionary account of the biological aspects of emotion and a conceptual neurobiological model. A link is made between the biological and the increasingly dominant cognitive approach in a consideration of motivation, emotion and cognition.

**3 components of emotion psychology:** *The Science of Emotional Intelligence* Gerald Matthews, Moshe Zeidner, Richard D. Roberts, 2007 During the past decade, emotional intelligence has been subjected to both scientific and public scrutiny. Numerous articles have been published on the topic in both academic journals and the popular press, testifying to the potential usefulness of emotional intelligence in psychology, business, education, the home, and the workplace. However, until now, there has been no systematic synthesis that grounds emotional intelligence in contemporary theory, while simultaneously sorting scientific approaches from popular fads and pseudoscience. Bringing together leading international experts from a variety of sub-disciplines, this volume aims to integrate recent research on emotional intelligence. The contributors address a set of focused questions concerning theory, measures, and applications: How does emotional intelligence relate to personality? What is the optimal approach to testing emotional intelligence? How can emotional intelligence be trained? In the final section of the book, the volume editors distill and synthesize the main points made by these experts and set forth an agenda for building a science of emotional intelligence in the future. *Science of Emotional Intelligence* will be an invaluable resource for researchers and professionals in psychology, education, the health sciences, and business.

**3 components of emotion psychology:** *Cognition and Emotion* Eric Eich, John F. Kihlstrom, Gordon H. Bower, Joseph P. Forgas, Paula M. Niedenthal, 2000-08-24 Recent years have witnessed a revival of research in the interplay between cognition and emotion. The reasons for this renaissance are many and varied. In the first place, emotion theorists have come to recognize the pivotal role of cognitive factors in virtually all aspects of the emotion process, and to rely on basic cognitive factors and insight in creating new models of affective space. Also, the successful application of cognitive

therapies to affective disorders has prompted clinical psychologists to work towards a clearer understanding of the connections between cognitive processes and emotional problems. And whereas the cognitive revolutionaries of the 1960s regarded emotions with suspicion, viewing them as nagging sources of hot noise in an otherwise cool, rational, and computer-like system of information processing, cognitive researchers of the 1990s regard emotions with respect, owing to their potent and predictable effects on tasks as diverse as object perception, episodic recall, and risk assessment. These intersecting lines of interest have made cognition and emotion one of the most active and rapidly developing areas within psychological science. Written in debate format, this book covers developing fields such as social cognition, as well as classic areas such as memory, learning, perception and categorization. The links between emotion and memory, learning, perception, categorization, social judgements, and behavior are addressed. Contributors come from the U.S., Canada, Australia, and France.

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**3 components of emotion psychology: *Handbook of Multicultural Perspectives on Stress and Coping*** Paul T. P. Wong, Lilian C. J. Wong, 2007-02-15 The only book currently available that focuses and multicultural, cross-cultural and international perspectives of stress and coping A very comprehensive resource book on the subject matter Contains many groundbreaking ideas and findings in stress and coping research Contributors are international scholars, both well-established authors as well as younger scholars with new ideas Appeals to managers, missionaries, and other professions which require working closely with people from other cultures

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