



# Emotional Rollercoaster: A Journey Through the Science of Feelings

*Claudia Hammond*

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## **Emotional Rollercoaster: A Journey Through the Science of Feelings** Claudia Hammond

We cannot help but be fascinated by the emotions that we see in ourselves and others: an absorbing book exploring the extraordinary feelings which make us human, from a rising media star.

Claudia Hammond wrote and presented the acclaimed and very popular Radio 4 series 'Emotional Rollercoaster' which explored the science of emotions: what they are, why they happen and how they are created.

Emotional Rollercoaster takes the reader through the full spectrum of emotions: fear, sadness, anger, happiness, disgust, hate, jealousy, love, sympathy and guilt. It traces the progress from fear, which is present from birth, to more complex emotions like sympathy and hope and explores the science behind them. Each emotion is vividly evoked by Claudia's experiences and those of others.

This unique book explains clearly and memorably everything from why we feel better after a good cry to how bottling up your anger can be good for you. Packed with surprising discoveries and eccentric stories, Emotional Rollercoaster argues that emotions are far more complex than we realise.

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