

COGNITION AND EMOTION: From Order to Disorder

The suggestion that emotions might profitably be approached from a cognitive perspective was first mooted by Aristotle in *The Art of Rhetoric*. However, Aristotle's ideas had little currency for almost 2,000 years until the broad adoption of the Aristotelian approach to emotions by psychologists in the latter part of this century. Currently, the area of cognition and emotion is fertile ground for a host of interesting and provocative research programmes and theoretical ideas. This burgeoning of interest was reflected by the launch of the journal *Cognition and Emotion* in 1987.

This volume is the first book which seeks to review and integrate the various areas which fall under the umbrella of 'Cognition and Emotion'. The text has two principal aims. The first is to integrate work on normal emotions with work on the so-called emotional disorders. Within the cognition and emotion literature, there are a number of influential theories of 'normal' emotions; however, these rarely address the issue of disordered emotions. Similarly, there are numerous theories which seek to explain one or more emotional disorders (e.g. Depression, Post-Traumatic Stress Disorder), but which rarely discuss normal emotions. The present book introduces a theoretical framework which can be applied to both normal and disordered emotions.

The second aim of this book is to provide a core cognition and emotion textbook by including a comprehensive review of the basic literature. This aim reflects the increased emphasis on cognition and emotion in undergraduate and postgraduate courses.

The book is in two parts. The first part provides a broad theoretical overview of the cognition and emotion literature, with chapters on the cognitive philosophy of emotion, theories of normal emotion and theories of emotional disorder. The key points from these three review chapters are carried forward to an integrative theoretical chapter in which a framework for analysing both normal and disordered emotions is outlined.

The second part of the book contains separate chapters on the five basic emotions of fear, sadness, anger, disgust and happiness. Each chapter provides a broad review of the relevant empirical and theoretical literature, a discussion of disordered variants of the emotion and an analysis of the normal and disordered presentations within the theoretical framework proposed in Part I.

This is a scholarly and readable book; and also a unique one, in that it attempts to review the whole research area of Cognition and Emotion in one volume. This makes the coverage of the book very broad, across general philosophical and psychological approaches to understanding emotion, as well as reviewing research into more specific emotional states and emotional disorders. The links that are made between basic emotions and corresponding emotional disorders is a good idea, and strengthens the integration of the whole book.

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