



Dylan Evans

EMOTION

A Very Short Introduction

OXFORD

Emotion: A Very Short Introduction

Praise for the first edition

‘a pop science classic’

Walsh, *Independent on Sunday*

‘At last, an accessible and fascinating account of a neglected aspect of our mental lives.’

Lewis Wolpert, author of *Malignant Sadness*

‘Anyone who wants a brief introduction to what is going on in thinking and research on emotions could not do better than this book by Dylan Evans. It connects with important issues of our time, including the origins of emotions, how far they can be controlled, and why they are important to us—a lively and lovely book.’

Keith Oatley, University of Toronto

‘The science of emotions for the Ecstasy generation—with warmth and good humor, Evans argues persuasively that the human heart embodies a socially attuned wisdom that is deeper, broader, and more adaptive than conscious rationality. The best short introduction to the human passions.’

Geoffrey Miller, author of *The Mating Mind*

‘Dylan Evans, one of the best of the new wave of science writers, has written a masterly survey—lean, confident, and packed with up-to-the-minute information. It will enlighten and surprise.’

Nicholas Humphrey, author of *A History of the Mind*
and *Leaps of Faith*

VERY SHORT INTRODUCTIONS are for anyone wanting a stimulating and accessible way into a new subject. They are written by experts, and have been translated into more than 45 different languages.

The series began in 1995, and now covers a wide variety of topics in every discipline. The VSI library currently contains over 600 volumes—a Very Short Introduction to everything from Psychology and Philosophy of Science to American History and Relativity—and continues to grow in every subject area.

Very Short Introductions available now:

ABOLITIONISM Richard S. Newman

ACCOUNTING Christopher Nobes

ADAM SMITH Christopher J. Berry

ADOLESCENCE Peter K. Smith

ADVERTISING Winston Fletcher

AFRICAN AMERICAN RELIGION

Eddie S. Glaude Jr

AFRICAN HISTORY John Parker and

Richard Rathbone

AFRICAN POLITICS Ian Taylor

AFRICAN RELIGIONS

Jacob K. Olupona

AGEING Nancy A. Pachana

AGNOSTICISM Robin Le Poidevin

AGRICULTURE Paul Brassley and

Richard Soffe

ALEXANDER THE GREAT

Hugh Bowden

ALGEBRA Peter M. Higgins

AMERICAN CULTURAL HISTORY

Eric Avila

AMERICAN FOREIGN RELATIONS

Andrew Preston

AMERICAN HISTORY Paul S. Boyer

AMERICAN IMMIGRATION

David A. Gerber

AMERICAN LEGAL HISTORY

G. Edward White

AMERICAN NAVAL HISTORY

Craig L. Symonds

AMERICAN POLITICAL HISTORY

Donald Critchlow

AMERICAN POLITICAL PARTIES

AND ELECTIONS L. Sandy Maisel

AMERICAN POLITICS

Richard M. Valelly

THE AMERICAN PRESIDENCY

Charles O. Jones

THE AMERICAN REVOLUTION

Robert J. Allison

AMERICAN SLAVERY

Heather Andrea Williams

THE AMERICAN WEST Stephen Aron

AMERICAN WOMEN'S HISTORY

Susan Ware

ANAESTHESIA Aidan O'Donnell

ANALYTIC PHILOSOPHY

Michael Beaney

ANARCHISM Colin Ward

ANCIENT ASSYRIA Karen Radner

ANCIENT EGYPT Ian Shaw

ANCIENT EGYPTIAN ART AND

ARCHITECTURE Christina Riggs

ANCIENT GREECE Paul Cartledge

THE ANCIENT NEAR EAST

Amanda H. Podany

ANCIENT PHILOSOPHY Julia Annas

ANCIENT WARFARE

Harry Sidebottom

ANGELS David Albert Jones

ANGLICANISM Mark Chapman

THE ANGLO-SAXON AGE John Blair

ANIMAL BEHAVIOUR

Tristram D. Wyatt

THE ANIMAL KINGDOM

Peter Holland

ANIMAL RIGHTS David DeGrazia

THE ANTARCTIC Klaus Dodds

ANTHROPOCENE Erle C. Ellis
 ANTISEMITISM Steven Beller
 ANXIETY Daniel Freeman and
 Jason Freeman
 THE APOCRYPHAL GOSPELS
 Paul Foster
 APPLIED MATHEMATICS
 Alain Goriely
 ARCHAEOLOGY Paul Bahn
 ARCHITECTURE Andrew Ballantyne
 ARISTOCRACY William Doyle
 ARISTOTLE Jonathan Barnes
 ART HISTORY Dana Arnold
 ART THEORY Cynthia Freeland
 ARTIFICIAL INTELLIGENCE
 Margaret A. Boden
 ASIAN AMERICAN HISTORY
 Madeline Y. Hsu
 ASTROBIOLOGY David C. Catling
 ASTROPHYSICS James Binney
 ATHEISM Julian Baggini
 THE ATMOSPHERE Paul I. Palmer
 AUGUSTINE Henry Chadwick
 AUSTRALIA Kenneth Morgan
 AUTISM Uta Frith
 AUTOBIOGRAPHY Laura Marcus
 THE AVANT GARDE David Cottington
 THE AZTECS David Carrasco
 BABYLONIA Trevor Bryce
 BACTERIA Sebastian G. B. Amyes
 BANKING John Goddard and
 John O. S. Wilson
 BARTHES Jonathan Culler
 THE BEATS David Sterritt
 BEAUTY Roger Scruton
 BEHAVIOURAL ECONOMICS
 Michelle Baddeley
 BESTSELLERS John Sutherland
 THE BIBLE John Riches
 BIBLICAL ARCHAEOLOGY
 Eric H. Cline
 BIG DATA Dawn E. Holmes
 BIOGRAPHY Hermione Lee
 BIOMETRICS Michael Fairhurst
 BLACK HOLES Katherine Blundell
 BLOOD Chris Cooper
 THE BLUES Elijah Wald
 THE BODY Chris Shilling
 THE BOOK OF COMMON PRAYER
 Brian Cummings
 THE BOOK OF MORMON
 Terryl Givens
 BORDERS Alexander C. Diener and
 Joshua Hagen
 THE BRAIN Michael O'Shea
 BRANDING Robert Jones
 THE BRICS Andrew F. Cooper
 THE BRITISH CONSTITUTION
 Martin Loughlin
 THE BRITISH EMPIRE Ashley Jackson
 BRITISH POLITICS Anthony Wright
 BUDDHA Michael Carrithers
 BUDDHISM Damien Keown
 BUDDHIST ETHICS Damien Keown
 BYZANTIUM Peter Sarris
 C. S. LEWIS James Como
 CALVINISM Jon Balsarak
 CANCER Nicholas James
 CAPITALISM James Fulcher
 CATHOLICISM Gerald O'Collins
 CAUSATION Stephen Mumford and
 Rani Lill Anjum
 THE CELL Terence Allen and
 Graham Cowling
 THE CELTS Barry Cunliffe
 CHAOS Leonard Smith
 CHARLES DICKENS Jenny Hartley
 CHEMISTRY Peter Atkins
 CHILD PSYCHOLOGY Usha Goswami
 CHILDREN'S LITERATURE
 Kimberley Reynolds
 CHINESE LITERATURE Sabina Knight
 CHOICE THEORY Michael Allingham
 CHRISTIAN ART Beth Williamson
 CHRISTIAN ETHICS D. Stephen Long
 CHRISTIANITY Linda Woodhead
 CIRCADIAN RHYTHMS
 Russell Foster and Leon Kreitzman
 CITIZENSHIP Richard Bellamy
 CIVIL ENGINEERING
 David Muir Wood
 CLASSICAL LITERATURE
 William Allan
 CLASSICAL MYTHOLOGY
 Helen Morales
 CLASSICS Mary Beard and
 John Henderson
 CLAUSEWITZ Michael Howard
 CLIMATE Mark Maslin
 CLIMATE CHANGE Mark Maslin

CLINICAL PSYCHOLOGY
 Susan Llewelyn and
 Katie Aafjes-van Doorn
 COGNITIVE NEUROSCIENCE
 Richard Passingham
 THE COLD WAR Robert McMahon
 COLONIAL AMERICA Alan Taylor
 COLONIAL LATIN AMERICAN
 LITERATURE Rolena Adorno
 COMBINATORICS Robin Wilson
 COMEDY Matthew Bevis
 COMMUNISM Leslie Holmes
 COMPARATIVE LITERATURE
 Ben Hutchinson
 COMPLEXITY John H. Holland
 THE COMPUTER Darrel Ince
 COMPUTER SCIENCE
 Subrata Dasgupta
 CONCENTRATION CAMPS
 Dan Stone
 CONFUCIANISM Daniel K. Gardner
 THE CONQUISTADORS
 Matthew Restall and
 Felipe Fernández-Armesto
 CONSCIENCE Paul Strohm
 CONSCIOUSNESS Susan Blackmore
 CONTEMPORARY ART
 Julian Stallabrass
 CONTEMPORARY FICTION
 Robert Eaglestone
 CONTINENTAL PHILOSOPHY
 Simon Critchley
 COPERNICUS Owen Gingerich
 CORAL REEFS Charles Sheppard
 CORPORATE SOCIAL
 RESPONSIBILITY Jeremy Moon
 CORRUPTION Leslie Holmes
 COSMOLOGY Peter Coles
 CRIME FICTION Richard Bradford
 CRIMINAL JUSTICE
 Julian V. Roberts
 CRIMINOLOGY Tim Newburn
 CRITICAL THEORY
 Stephen Eric Bronner
 THE CRUSADES Christopher Tyerman
 CRYPTOGRAPHY Fred Piper and
 Sean Murphy
 CRYSTALLOGRAPHY A. M. Glazer
 THE CULTURAL REVOLUTION
 Richard Curt Kraus
 DADA AND SURREALISM
 David Hopkins
 DANTE Peter Hainsworth and
 David Robey
 DARWIN Jonathan Howard
 THE DEAD SEA SCROLLS
 Timothy H. Lim
 DECADENCE David Weir
 DECOLONIZATION Dane Kennedy
 DEMOCRACY Bernard Crick
 DEMOGRAPHY Sarah Harper
 DEPRESSION Jan Scott and
 Mary Jane Tacchi
 DERRIDA Simon Glendinning
 DESCARTES Tom Sorell
 DESERTS Nick Middleton
 DESIGN John Heskett
 DEVELOPMENT Ian Goldin
 DEVELOPMENTAL BIOLOGY
 Lewis Wolpert
 THE DEVIL Darren Oldridge
 DIASPORA Kevin Kenny
 DICTIONARIES Lynda Mugglestone
 DINOSAURS David Norman
 DIPLOMACY Joseph M. Siracusa
 DOCUMENTARY FILM
 Patricia Aufderheide
 DREAMING J. Allan Hobson
 DRUGS Les Iversen
 DRUIDS Barry Cunliffe
 DYSLEXIA Margaret J. Snowling
 EARLY MUSIC Thomas Forrest Kelly
 THE EARTH Martin Redfern
 EARTH SYSTEM SCIENCE Tim Lenton
 ECONOMICS Partha Dasgupta
 EDUCATION Gary Thomas
 EGYPTIAN MYTH Geraldine Pinch
 EIGHTEENTH-CENTURY BRITAIN
 Paul Langford
 THE ELEMENTS Philip Ball
 EMOTION Dylan Evans
 EMPIRE Stephen Howe
 ENGELS Terrell Carver
 ENGINEERING David Blockley
 THE ENGLISH LANGUAGE
 Simon Horobin
 ENGLISH LITERATURE
 Jonathan Bate
 THE ENLIGHTENMENT
 John Robertson

ENTREPRENEURSHIP Paul Westhead
and Mike Wright
ENVIRONMENTAL ECONOMICS
Stephen Smith
ENVIRONMENTAL ETHICS
Robin Attfield
ENVIRONMENTAL LAW
Elizabeth Fisher
ENVIRONMENTAL POLITICS
Andrew Dobson
EPICUREANISM Catherine Wilson
EPIDEMIOLOGY Rodolfo Saracci
ETHICS Simon Blackburn
ETHNOMUSICOLOGY Timothy Rice
THE ETRUSCANS Christopher Smith
EUGENICS Philippa Levine
THE EUROPEAN UNION
Simon Usherwood and John Pinder
EUROPEAN UNION LAW
Anthony Arnull
EVOLUTION Brian and
Deborah Charlesworth
EXISTENTIALISM Thomas Flynn
EXPLORATION Stewart A. Weaver
EXTINCTION Paul B. Wignall
THE EYE Michael Land
FAIRY TALE Marina Warner
FAMILY LAW Jonathan Herring
FASCISM Kevin Passmore
FASHION Rebecca Arnold
FEMINISM Margaret Walters
FILM Michael Wood
FILM MUSIC Kathryn Kalinak
FILM NOIR James Naremore
THE FIRST WORLD WAR
Michael Howard
FOLK MUSIC Mark Slobin
FOOD John Krebs
FORENSIC PSYCHOLOGY
David Canter
FORENSIC SCIENCE Jim Fraser
FORESTS Jaboury Ghazoul
FOSSILS Keith Thomson
FOUCAULT Gary Gutting
THE FOUNDING FATHERS
R. B. Bernstein
FRACTALS Kenneth Falconer
FREE SPEECH Nigel Warburton
FREE WILL Thomas Pink
FREEMASONRY Andreas Önnersfors

FRENCH LITERATURE John D. Lyons
THE FRENCH REVOLUTION
William Doyle
FREUD Anthony Storr
FUNDAMENTALISM Malise Ruthven
FUNGI Nicholas P. Money
THE FUTURE Jennifer M. Gidley
GALAXIES John Gribbin
GALILEO Stillman Drake
GAME THEORY Ken Binmore
GANDHI Bhikhu Parekh
GARDEN HISTORY Gordon Campbell
GENES Jonathan Slack
GENIUS Andrew Robinson
GENOMICS John Archibald
GEOFFREY CHAUCER David Wallace
GEOGRAPHY John Matthews
and David Herbert
GEOLOGY Jan Zalasiewicz
GEOPHYSICS William Lowrie
GEOPOLITICS Klaus Dodds
GERMAN LITERATURE Nicholas Boyle
GERMAN PHILOSOPHY
Andrew Bowie
GLACIATION David J. A. Evans
GLOBAL CATASTROPHES Bill McGuire
GLOBAL ECONOMIC HISTORY
Robert C. Allen
GLOBALIZATION Manfred Steger
GOD John Bowker
GOETHE Ritchie Robertson
THE GOTHIC Nick Groom
GOVERNANCE Mark Bevir
GRAVITY Timothy Clifton
THE GREAT DEPRESSION AND
THE NEW DEAL Eric Rauchway
HABERMAS James Gordon Finlayson
THE HABSBURG EMPIRE
Martyn Rady
HAPPINESS Daniel M. Haybron
THE HARLEM RENAISSANCE
Cheryl A. Wall
THE HEBREW BIBLE AS LITERATURE
Tod Linafelt
HEGEL Peter Singer
HEIDEGGER Michael Inwood
THE HELLENISTIC AGE
Peter Thonemann
HEREDITY John Waller
HERMENEUTICS Jens Zimmermann

HERODOTUS Jennifer T. Roberts
 HIEROGLYPHS Penelope Wilson
 HINDUISM Kim Knott
 HISTORY John H. Arnold
 THE HISTORY OF ASTRONOMY
 Michael Hoskin
 THE HISTORY OF CHEMISTRY
 William H. Brock
 THE HISTORY OF CHILDHOOD
 James Marten
 THE HISTORY OF CINEMA
 Geoffrey Nowell-Smith
 THE HISTORY OF LIFE
 Michael Benton
 THE HISTORY OF MATHEMATICS
 Jacqueline Stedall
 THE HISTORY OF MEDICINE
 William Bynum
 THE HISTORY OF PHYSICS
 J. L. Heilbron
 THE HISTORY OF TIME
 Leofranc Holford-Strevens
 HIV AND AIDS Alan Whiteside
 HOBBS Richard Tuck
 HOLLYWOOD Peter Decherney
 THE HOLY ROMAN EMPIRE
 Joachim Whaley
 HOME Michael Allen Fox
 HOMER Barbara Graziosi
 HORMONES Martin Luck
 HUMAN ANATOMY
 Leslie Klenerman
 HUMAN EVOLUTION Bernard Wood
 HUMAN RIGHTS Andrew Clapham
 HUMANISM Stephen Law
 HUME A. J. Ayer
 HUMOUR Noël Carroll
 THE ICE AGE Jamie Woodward
 IDENTITY Florian Coulmas
 IDEOLOGY Michael Freeden
 THE IMMUNE SYSTEM
 Paul Klenerman
 INDIAN CINEMA
 Ashish Rajadhyaksha
 INDIAN PHILOSOPHY Sue Hamilton
 THE INDUSTRIAL REVOLUTION
 Robert C. Allen
 INFECTIOUS DISEASE Marta L. Wayne
 and Benjamin M. Bolker
 INFINITY Ian Stewart
 INFORMATION Luciano Floridi
 INNOVATION Mark Dodgson
 and David Gann
 INTELLECTUAL PROPERTY
 Siva Vaidhyanathan
 INTELLIGENCE Ian J. Deary
 INTERNATIONAL LAW
 Vaughan Lowe
 INTERNATIONAL MIGRATION
 Khalid Koser
 INTERNATIONAL RELATIONS
 Paul Wilkinson
 INTERNATIONAL SECURITY
 Christopher S. Browning
 IRAN Ali M. Ansari
 ISLAM Malise Ruthven
 ISLAMIC HISTORY Adam Silverstein
 ISOTOPES Rob Ellam
 ITALIAN LITERATURE
 Peter Hainsworth and David Robey
 JESUS Richard Bauckham
 JEWISH HISTORY David N. Myers
 JOURNALISM Ian Hargreaves
 JUDAISM Norman Solomon
 JUNG Anthony Stevens
 KABBALAH Joseph Dan
 KAFKA Ritchie Robertson
 KANT Roger Scruton
 KEYNES Robert Skidelsky
 KIERKEGAARD Patrick Gardiner
 KNOWLEDGE Jennifer Nagel
 THE KORAN Michael Cook
 LAKES Warwick F. Vincent
 LANDSCAPE ARCHITECTURE
 Ian H. Thompson
 LANDSCAPES AND
 GEOMORPHOLOGY
 Andrew Goudie and Heather Viles
 LANGUAGES Stephen R. Anderson
 LATE ANTIQUITY Gillian Clark
 LAW Raymond Wacks
 THE LAWS OF THERMODYNAMICS
 Peter Atkins
 LEADERSHIP Keith Grint
 LEARNING Mark Haselgrove
 LEIBNIZ Maria Rosa Antognazza
 LIBERALISM Michael Freeden
 LIGHT Ian Walmsley
 LINCOLN Allen C. Guelzo
 LINGUISTICS Peter Matthews

LITERARY THEORY Jonathan Culler
LOCKE John Dunn
LOGIC Graham Priest
LOVE Ronald de Sousa
MACHIAVELLI Quentin Skinner
MADNESS Andrew Scull
MAGIC Owen Davies
MAGNA CARTA Nicholas Vincent
MAGNETISM Stephen Blundell
MALTHUS Donald Winch
MAMMALS T. S. Kemp
MANAGEMENT John Hendry
MAO Delia Davin
MARINE BIOLOGY Philip V. Mladenov
THE MARQUIS DE SADE John Phillips
MARTIN LUTHER Scott H. Hendrix
MARTYRDOM Jolyon Mitchell
MARX Peter Singer
MATERIALS Christopher Hall
MATHEMATICAL FINANCE
Mark H. A. Davis
MATHEMATICS Timothy Gowers
MATTER Geoff Cottrell
THE MEANING OF LIFE
Terry Eagleton
MEASUREMENT David Hand
MEDICAL ETHICS Michael Dunn
and Tony Hope
MEDICAL LAW Charles Foster
MEDIEVAL BRITAIN John Gillingham
and Ralph A. Griffiths
MEDIEVAL LITERATURE
Elaine Treharne
MEDIEVAL PHILOSOPHY
John Marenbon
MEMORY Jonathan K. Foster
METAPHYSICS Stephen Mumford
METHODISM William J. Abraham
THE MEXICAN REVOLUTION
Alan Knight
MICHAEL FARADAY
Frank A. J. L. James
MICROBIOLOGY Nicholas P. Money
MICROECONOMICS Avinash Dixit
MICROSCOPY Terence Allen
THE MIDDLE AGES Miri Rubin
MILITARY JUSTICE Eugene R. Fidell
MILITARY STRATEGY
Antulio J. Echevarria II
MINERALS David Vaughan

MIRACLES Yujin Nagasawa
MODERN ARCHITECTURE
Adam Sharr
MODERN ART David Cottington
MODERN CHINA Rana Mitter
MODERN DRAMA
Kirsten E. Shepherd-Barr
MODERN FRANCE
Vanessa R. Schwartz
MODERN INDIA Craig Jeffrey
MODERN IRELAND Senia Pašeta
MODERN ITALY Anna Cento Bull
MODERN JAPAN
Christopher Goto-Jones
MODERN LATIN AMERICAN
LITERATURE
Roberto González Echevarría
MODERN WAR Richard English
MODERNISM Christopher Butler
MOLECULAR BIOLOGY Aysha Divan
and Janice A. Royds
MOLECULES Philip Ball
MONASTICISM Stephen J. Davis
THE MONGOLS Morris Rossabi
MOONS David A. Rothery
MORMONISM
Richard Lyman Bushman
MOUNTAINS Martin F. Price
MUHAMMAD Jonathan A. C. Brown
MULTICULTURALISM Ali Rattansi
MULTILINGUALISM John C. Maher
MUSIC Nicholas Cook
MYTH Robert A. Segal
NAPOLEON David Bell
THE NAPOLEONIC WARS
Mike Rapport
NATIONALISM Steven Grosby
NATIVE AMERICAN LITERATURE
Sean Teuton
NAVIGATION Jim Bennett
NAZI GERMANY Jane Caplan
NELSON MANDELA Elleke Boehmer
NEOLIBERALISM Manfred Steger
and Ravi Roy
NETWORKS Guido Caldarelli
and Michele Catanzaro
THE NEW TESTAMENT
Luke Timothy Johnson
THE NEW TESTAMENT AS
LITERATURE Kyle Keefer

NEWTON Robert Iliffe
NIETZSCHE Michael Tanner
NINETEENTH-CENTURY BRITAIN
Christopher Harvie and
H. C. G. Matthew
THE NORMAN CONQUEST
George Garnett
NORTH AMERICAN INDIANS
Theda Perdue and Michael D. Green
NORTHERN IRELAND
Marc Mulholland
NOTHING Frank Close
NUCLEAR PHYSICS Frank Close
NUCLEAR POWER Maxwell Irvine
NUCLEAR WEAPONS
Joseph M. Siracusa
NUMBERS Peter M. Higgins
NUTRITION David A. Bender
OBJECTIVITY Stephen Gaukroger
OCEANS Dorrik Stow
THE OLD TESTAMENT
Michael D. Coogan
THE ORCHESTRA D. Kern Holoman
ORGANIC CHEMISTRY
Graham Patrick
ORGANIZATIONS Mary Jo Hatch
ORGANIZED CRIME
Georgios A. Antonopoulos and
Georgios Papanicolaou
ORTHODOX CHRISTIANITY
A. Edward Siecienski
PAGANISM Owen Davies
PAIN Rob Boddice
THE PALESTINIAN-ISRAELI
CONFLICT Martin Bunton
PANDEMICS Christian W. McMillen
PARTICLE PHYSICS Frank Close
PAUL E. P. Sanders
PEACE Oliver P. Richmond
PENTECOSTALISM William K. Kay
PERCEPTION Brian Rogers
THE PERIODIC TABLE Eric R. Scerri
PHILOSOPHY Edward Craig
PHILOSOPHY IN THE ISLAMIC
WORLD Peter Adamson
PHILOSOPHY OF LAW
Raymond Wacks
PHILOSOPHY OF SCIENCE
Samir Okasha

PHILOSOPHY OF RELIGION
Tim Bayne
PHOTOGRAPHY Steve Edwards
PHYSICAL CHEMISTRY Peter Atkins
PHYSICS Sidney Perkowitz
PILGRIMAGE Ian Reader
PLAGUE Paul Slack
PLANETS David A. Rothery
PLANTS Timothy Walker
PLATE TECTONICS Peter Molnar
PLATO Julia Annas
POLITICAL PHILOSOPHY
David Miller
POLITICS Kenneth Minogue
POPULISM Cas Mudde and
Cristóbal Rovira Kaltwasser
POSTCOLONIALISM Robert Young
POSTMODERNISM Christopher Butler
POSTSTRUCTURALISM
Catherine Belsey
POVERTY Philip N. Jefferson
PREHISTORY Chris Gosden
PRESOCRATIC PHILOSOPHY
Catherine Osborne
PRIVACY Raymond Wacks
PROBABILITY John Haigh
PROGRESSIVISM Walter Nugent
PROJECTS Andrew Davies
PROTESTANTISM Mark A. Noll
PSYCHIATRY Tom Burns
PSYCHOANALYSIS Daniel Pick
PSYCHOLOGY Gillian Butler and
Freda McManus
PSYCHOLOGY OF MUSIC
Elizabeth Hellmuth Margulis
PSYCHOTHERAPY Tom Burns and
Eva Burns-Lundgren
PUBLIC ADMINISTRATION
Stella Z. Theodoulou and Ravi K. Roy
PUBLIC HEALTH Virginia Berridge
PURITANISM Francis J. Bremer
THE QUAKERS Pink Dandelion
QUANTUM THEORY
John Polkinghorne
RACISM Ali Rattansi
RADIOACTIVITY Claudio Tuniz
RASTAFARI Ennis B. Edmonds
READING Belinda Jack
THE REAGAN REVOLUTION Gil Troy

REALITY Jan Westerhoff
 THE REFORMATION Peter Marshall
 RELATIVITY Russell Stannard
 RELIGION IN AMERICA Timothy Beal
 THE RENAISSANCE Jerry Brotton
 RENAISSANCE ART
 Geraldine A. Johnson
 REPTILES T. S. Kemp
 REVOLUTIONS Jack A. Goldstone
 RHETORIC Richard Toye
 RISK Baruch Fischhoff and John Kadvaný
 RITUAL Barry Stephenson
 RIVERS Nick Middleton
 ROBOTICS Alan Winfield
 ROCKS Jan Zalasiewicz
 ROMAN BRITAIN Peter Salway
 THE ROMAN EMPIRE
 Christopher Kelly
 THE ROMAN REPUBLIC
 David M. Gwynn
 ROMANTICISM Michael Ferber
 ROUSSEAU Robert Wokler
 RUSSELL A. C. Grayling
 RUSSIAN HISTORY Geoffrey Hosking
 RUSSIAN LITERATURE Catriona Kelly
 THE RUSSIAN REVOLUTION
 S. A. Smith
 THE SAINTS Simon Yarrow
 SAVANNAS Peter A. Furley
 SCHIZOPHRENIA Chris Frith
 and Eve Johnstone
 SCHOPENHAUER
 Christopher Janaway
 SCIENCE AND RELIGION
 Thomas Dixon
 SCIENCE FICTION David Seed
 THE SCIENTIFIC REVOLUTION
 Lawrence M. Principe
 SCOTLAND Rab Houston
 SECULARISM Andrew Copson
 SEXUAL SELECTION Marlene Zuk
 and Leigh W. Simmons
 SEXUALITY Véronique Mottier
 SHAKESPEARE'S COMEDIES
 Bart van Es
 SHAKESPEARE'S SONNETS
 AND POEMS Jonathan F. S. Post
 SHAKESPEARE'S TRAGEDIES
 Stanley Wells
 SIKHISM Eleanor Nesbitt
 THE SILK ROAD James A. Millward
 SLANG Jonathon Green
 SLEEP Steven W. Lockley and
 Russell G. Foster
 SOCIAL AND CULTURAL
 ANTHROPOLOGY
 John Monaghan and Peter Just
 SOCIAL PSYCHOLOGY Richard J. Crisp
 SOCIAL WORK Sally Holland
 and Jonathan Scourfield
 SOCIALISM Michael Newman
 SOCIOLINGUISTICS John Edwards
 SOCIOLOGY Steve Bruce
 SOCRATES C. C. W. Taylor
 SOUND Mike Goldsmith
 SOUTHEAST ASIA James R. Rush
 THE SOVIET UNION Stephen Lovell
 THE SPANISH CIVIL WAR
 Helen Graham
 SPANISH LITERATURE Jo Labanyi
 SPINOZA Roger Scruton
 SPIRITUALITY Philip Sheldrake
 SPORT Mike Cronin
 STARS Andrew King
 STATISTICS David J. Hand
 STEM CELLS Jonathan Slack
 STOICISM Brad Inwood
 STRUCTURAL ENGINEERING
 David Blockley
 STUART BRITAIN John Morrill
 SUPERCONDUCTIVITY
 Stephen Blundell
 SYMMETRY Ian Stewart
 SYNAESTHESIA Julia Simner
 SYNTHETIC BIOLOGY Jamie A. Davies
 TAXATION Stephen Smith
 TEETH Peter S. Ungar
 TELESCOPES Geoff Cottrell
 TERRORISM Charles Townshend
 THEATRE Marvin Carlson
 THEOLOGY David F. Ford
 THINKING AND REASONING
 Jonathan St B. T. Evans
 THOMAS AQUINAS Fergus Kerr
 THOUGHT Tim Bayne
 TIBETAN BUDDHISM
 Matthew T. Kapstein
 TOCQUEVILLE Harvey C. Mansfield

TOLSTOY Liza Knapp
 TRAGEDY Adrian Poole
 TRANSLATION Matthew Reynolds
 THE TREATY OF VERSAILLES
 Michael S. Neiberg
 THE TROJAN WAR Eric H. Cline
 TRUST Katherine Hawley
 THE TUDORS John Guy
 TWENTIETH-CENTURY BRITAIN
 Kenneth O. Morgan
 TYPOGRAPHY Paul Luna
 THE UNITED NATIONS
 Jussi M. Hanhimäki
 UNIVERSITIES AND COLLEGES
 David Palfreyman and Paul Temple
 THE U.S. CONGRESS
 Donald A. Ritchie
 THE U.S. CONSTITUTION
 David J. Bodenhamer
 THE U.S. SUPREME COURT
 Linda Greenhouse
 UTILITARIANISM
 Katarzyna de Lazari-Radek
 and Peter Singer
 UTOPIANISM Lyman Tower Sargent
 VETERINARY SCIENCE James Yeates
 THE VIKINGS Julian D. Richards
 VIRUSES Dorothy H. Crawford
 VOLTAIRE Nicholas Cronk
 WAR AND TECHNOLOGY
 Alex Roland
 WATER John Finney
 WAVES Mike Goldsmith
 WEATHER Storm Dunlop
 THE WELFARE STATE David Garland
 WILLIAM SHAKESPEARE
 Stanley Wells
 WITCHCRAFT Malcolm Gaskill
 WITTGENSTEIN A. C. Grayling
 WORK Stephen Fineman
 WORLD MUSIC Philip Bohlman
 THE WORLD TRADE
 ORGANIZATION
 Amrita Narlikar
 WORLD WAR II Gerhard L. Weinberg
 WRITING AND SCRIPT
 Andrew Robinson
 ZIONISM Michael Stanislawski

Available soon:

PSYCHOPATHY Essi Viding
 POETRY Bernard O'Donoghue
 ENERGY SYSTEMS Nick Jenkins
 TIDES David George Bowers and
 Emyr Martyn Roberts
 DYNASTY Jeroen Duindam

For more information visit our website

www.oup.com/vsi/

Dylan Evans

EMOTION

A Very Short Introduction

SECOND EDITION

OXFORD
UNIVERSITY PRESS

OXFORD

UNIVERSITY PRESS

Great Clarendon Street, Oxford, OX2 6DP,
United Kingdom

Oxford University Press is a department of the University of Oxford.
It furthers the University's objective of excellence in research, scholarship,
and education by publishing worldwide. Oxford is a registered trade mark of
Oxford University Press in the UK and in certain other countries

© Dylan Evans 2019

The moral rights of the author have been asserted

First published 2001

First published as a Very Short Introduction 2003

Second edition published 2019

Impression: 1

All rights reserved. No part of this publication may be reproduced, stored in
a retrieval system, or transmitted, in any form or by any means, without the
prior permission in writing of Oxford University Press, or as expressly permitted
by law, by licence or under terms agreed with the appropriate reprographics
rights organization. Enquiries concerning reproduction outside the scope of the
above should be sent to the Rights Department, Oxford University Press, at the
address above

You must not circulate this work in any other form
and you must impose this same condition on any acquirer

Published in the United States of America by Oxford University Press
198 Madison Avenue, New York, NY 10016, United States of America

British Library Cataloguing in Publication Data

Data available

Library of Congress Control Number: 2019941402

ISBN 978-0-19-883440-3

Printed in Great Britain by

Ashford Colour Press Ltd, Gosport, Hampshire

Links to third party websites are provided by Oxford in good faith and
for information only. Oxford disclaims any responsibility for the materials
contained in any third party website referenced in this work.

Contents

Preface to the second edition xv

List of illustrations xxi

- 1 What is an emotion? 1
- 2 The evolution of emotion 20
- 3 How to be happy 42
- 4 The head and the heart 62
- 5 The computer that cried 79

Afterword: The heart has its reasons 96

References 101

Further reading 107

Index 111

