



Understanding Emotional Development: Providing insight into human lives

Robert Lewis Wilson, Rachel Wilson

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Understanding Emotional Development provides an insightful and comprehensive account of the development and impact of our emotions through infancy, childhood and adolescence. The book covers a number of key topics:

- The nature and diversity of emotion and its role in our lives
- Differences between basic emotions, which we are all born with, and secondary social emotions which develop during early social interactions
- The development of secondary social emotions; and the role of attachment and other factors in this process which determine a child's emotional history and consequential emotional wellbeing or difficulties.
- Analysing, understanding and empathising with children experiencing emotional difficulties.

Drawing on research from neuroscience, psychology, education and social welfare, the book offers an integrated overview of recent research on the development of emotion. The chapters also consider child welfare in clinical and educational practice, presenting case studies of individual children to illustrate the practical relevance of theory and research.

Written in an engaging and accessible style, the book includes a number of useful pedagogical features to assist student learning, including chapter summaries, discussion questions, and suggested reading. *Understanding Emotional Development* will provide valuable reading for students and professionals in the

fields of psychology, social work, education, medicine, law and health.

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