

منابع

INTRODUCTION: Why is a Crooked Letter

1. **actually a trap:** I relied on three sources to tell my grandmother's story: an oral history that was performed by the U.S. Holocaust Memorial Museum, Dora Kramen Dimitro, interview by Randy Goldman, July 18, 1996, collections.ushmm.org/oh/findingaids/RG-50.030.0372_trs_en.pdf; Yaffa Eliach, *There Once Was a World: 900-Year Chronicle of the Shtetl of Eishyshok* (Boston: Little, Brown, 1999); and memories of my conversations with her growing up.
2. **used to house animals:** My grandmother's oral account and the written materials about her experience conflicted with respect to who built the *ziemlanka*. I deferred to my grandmother's first-person account.
3. **Holocaust remembrance day:** This was not the official Holocaust Remembrance Day but rather an event that my grandparents and other co-survivors organized.
4. **Until relatively recently:** Daniel Dukes et al., "The Rise of Affectivism," *Nature Human Behaviour* 5, no. 7 (July 1, 2021): 816–20, www.nature.com/articles/s41562-021-01130-8, doi.org/ 10.1038/ s41562-021-01130-8.
5. **heartbreak:** Shayla Love, "The Relatable Emotions of Depressed People from 3,000 Years Ago," *Vice*, May 2021.

6. **In the mid 1860s, an American diplomat:** Ephraim George Squier, *Peru: Incidents of Travel and Exploration in the Land of the Incas* (New York: Harper & Brothers, 1877); Hiran R. Fernando and Stanley Finger, "Ephraim George Squier's Peruvian Skull and the Discovery of Cranial Trepanation," in *Trepanation: History, Discovery, Theory*, ed. Robert Arnott et al. (Boca Raton, Fla.: Taylor & Francis Group, 2003), 3–19; Charles Gross, "A Hole in the Head: A Complete History of Trepanation," *The MIT Press Reader* (Aug. 29, 2019), thereader.mitpress.mit.edu/hole-in-the-head-trepanation.
7. **Dr. Paul Broca:** Students of psychology and medicine will be familiar with the doctor's name. Broca's area, a region of the brain involved in speech, was named after him.
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10. **manage their emotions:** Miguel A. Farira Jr., "Violence, Mental Illness, and the Brain—a Brief History of Psychosurgery: Part 1—from Trephination to Lobotomy," *Surgical Neurology International* 4, no. 49 (2013). Also see R. Aaron Robison et al., "Surgery of the Mind, Mood, and Conscious State: An Idea in Evolution," *World Neurosurgery* 77, no. 5–6 (2012): 662–86; Rutkow, *Empire of the Scalpel*.
11. **impossible to know:** Rutkow, *Empire of the Scalpel*, 17.
12. **trying to find tools to regulate them:** K. Tajima-Pozo et al., "Practicing Exorcism in Schizophrenia," *BMJ Case Reports*, Feb. 15, 2011, [bcr1020092350](https://doi.org/10.1136/bcr1020092350), [doi](https://doi.org/10.1136/bcr1020092350).

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13. **Nobel Prize in 1949:** "The Nobel Prize in Physiology or Medicine 1949," Nobel-prize.org, [www.nobelprize.org/ prizes/ medicine/ 1949/ moniz/ facts/](http://www.nobelprize.org/prizes/medicine/1949/moniz/facts/).
14. **we remain in trouble in the emotion department: U.S. Department of Health and Human Services,** "New Surgeon General Advisory Raises Alarm About the Devastating Impact of the Epidemic of Loneliness and Isolation in the United States," press release, May 3, 2023, [www.hhs.gov/ about/ news/ 2023/ 05/ 03/ new-surgeon-general-advisory-raises-alarm-about- devastating-impact-epidemic-loneliness-isolation-united-states.html](http://www.hhs.gov/about/news/2023/05/03/new-surgeon-general-advisory-raises-alarm-about-devastating-impact-epidemic-loneliness-isolation-united-states.html); "Loneliness Minister: 'It's More Important Than Ever to Take Action,'" gov.uk, June 17, 2021, [www.gov.uk/ government/ news/ loneliness-minister- its-more-important-than-ever-to-take-action](http://www.gov.uk/government/news/loneliness-minister-its-more-important-than-ever-to-take-action); "Japan's Parliament Enacts Bill to Tackle Social Isolation," Japan Times, May 31, 2023, [www.japantimes.co.jp/ news/ 2023/ 05/ 31/ national/ social-isolation-bill /](http://www.japantimes.co.jp/news/2023/05/31/national/social-isolation-bill/).
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16. **A 2020 report:** D. J. Brody and Quiping Gu, "Antidepressant Use Among Adults: United States, 2015–2018," NCHS Data Brief (377) (Sep. 2020): 1–8, [https://www.ncbi.nlm.nih.gov/pubmed/33054926/](https://www.ncbi.nlm.nih.gov/pubmed/33054926). For an excellent accessible overview of the current state of antidepressant research with references to original research, see Christina Caron, "What You Really Need to Know about Antidepressants," The New York Times, April 25, 2024, [www.nytimes.com/ 2024/ 04/ 25/ wel / mind/ antidepressants-side- effects-anxiety-stress.html](https://www.nytimes.com/2024/04/25/well/mind/antidepressants-side-effects-anxiety-stress.html). For another excellent discussion with links to original research, see Dana Smith, "Antidepressants Don't Work the Way Many People Think," The New York Times, Nov. 8, 2022, [www.nytimes.com/ 2022/ 11/ 08/ wel / mind/ antidepressants-effects- alternatives.html](https://www.nytimes.com/2022/11/08/well/mind/antidepressants-effects-alternatives.html).

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18. **one trillion dollars:** Lancet Global Health, “Mental Health Matters,” Lancet Global Health 8, no. 11 (2020), [www.thelancet.com/journals/langlo/article/PIIS2214-109X\(20\)30432-0/fulltext](http://www.thelancet.com/journals/langlo/article/PIIS2214-109X(20)30432-0/fulltext).
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20. **Chatter:** Ethan Kross, Chatter: The Voice in Our Head, Why It Matters, and How to Harness It (New York: Crown, 2021).
21. **living in the present:** Several studies show that directing people to think about how they’ll feel about something that’s bothering them in the future, rather than focusing on how they feel in the moment, alleviates distress. For discussion, see Kross, Chatter. For examples of studies that illustrate this point, see Emma Bruehlman-Senecal and Ozlem Ayduk, “This Too Shall Pass: Temporal Distance and the Regulation of Emotional Distress,” Journal of Personality and Social Psychology 108 (2015): 356–75; and Emma Bruehlman-Senecal, Ozlem Ayduk, and Oliver P. John, “Taking the Long View: Implications of Individual Differences in Temporal Distancing for Affect, Stress Reactivity, and Well-Being,” Journal of Personality and Social Psychology 111 (2016): 610–35, doi.org/10.1037/pspp0000103.

22. **help us in surprising ways:** For illustrative argument, see Heather C. Lench et al., “Exploring the Toolkit of Emotion: What Do Sadness and Anger Do for Us?,” *Social and Personality Psychology Compass* 10, no. 1 (2016): 11–25, doi:10.1111/spc3.12229.
23. **no one-size-fits-all solutions:** Bonanno and Burton, “Regulatory Flexibility.”
24. **instruction manual:** Current therapeutic methods such as cognitive behavioral therapy (CBT) do of course help people regulate their emotions by managing their thoughts, but this book is intended to give everyone, regardless of whether they have access to therapy, the basic building blocks to manage their emotional life. And CBT—as effective as it can be in certain contexts—is ultimately much narrower than this book, focusing as it does on attention and cognition while leaving out the wider universe of sensation, relationships, environments, and culture, all of which we’ll explore here, and all of which we can harness for ourselves, outside a therapist’s office, anytime we need.
25. **“When Asking ‘Why’ Does Not Hurt”:** Ethan Kross, Ozlem Ayduk, and Walter Mischel, “When Asking Why Does Not Hurt: Distinguishing Rumination from Reflective Processing of Negative Emotions,” *Psychological Science* 16 (2005): 709–15.

Chapter 1: Why We Feel

1. **Matt Maasdam:** I interviewed Matt over several occasions during the writing of this book to tell his story.
2. **puppet master lurking inside:** The idea that there is some kind of separate entity inside our minds—a miniature version of ourselves buried deep in the brain, sitting at the control panel, pressing buttons and making things happen—popularized in movies like *Inside Out*, is often called the homunculus fallacy and does not reflect how the brain operates.
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6. **We don't typically:** Debra Trampe et al., "Emotions in Everyday Life."
7. **discrete categories:** Alan S. Cowen and Dacher Keltner, "Self-Report Captures 27 Distinct Categories of Emotion Bridged by Continuous Gradients," *Proceedings of the National Academy of Sciences* 114, no. 38 (2017): E7900–7909, [doi:10.1073/pnas.1702247114](https://doi.org/10.1073/pnas.1702247114).
8. **nearly infinite variety:** Lisa Feldman Barrett, *How Emotions Are Made: The Secret Life of the Brain* (Boston: Houghton Mifflin Harcourt, 2017).
9. **Schadenfreude:** Colin Wayne Leach et al., "Malicious Pleasure: Schadenfreude at the Suffering of Another Group," *Journal of Personality and Social Psychology* 84, no. 5 (2003): 932–43, [doi:10.1037/0022-3514.84.5.932](https://doi.org/10.1037/0022-3514.84.5.932).
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11. **utterly unique:** Barrett, *How Emotions Are Made*.
12. **what practically everyone agrees on:** I drew from this excel ent synthesis by Klaus Scherer on what different emotions theories agree on: Klaus R. Scherer, "Theory Convergence in Emotion Science Is Timely and Realistic," *Cognition and Emotion* 36, no. 2 (2022): 154–70, [doi:10.1080/02699931.2021.1973378](https://doi.org/10.1080/02699931.2021.1973378).
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- Emotion 5, no. 2 (2013): 125–31, doi:10.1177/ 1754073912463617; Barrett, How Emotions Are Made.
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 15. **essential place in our lives:** Aaron C. Weidman and Ethan Kross, “Examining Emotional Tool Use in Daily Life,” *Journal of Personality and Social Psychology* 120, no. 5 (2021): 1344–66, doi:10.1037/pspp0000292; Heather C. Lench and Zari Koebel Carpenter, “What Do Emotions Do for Us?,” in *The Function of Emotions*, ed. Heather C. Lench (New York: Springer, 2018), 1–7; Azim F. Shariff and Jessica L. Tracy, “What Are Emotion Expressions For?,” *Current Directions in Psychological Science* 20, no. 6 (2011): 395–99, doi:10.1177/ 0963721411424739.
 16. **anxiety:** Andrew Mathews, “Why Worry? The Cognitive Function of Anxiety,” *Behaviour Research and Therapy* 28, no. 6 (1990): 455–68, doi:10.1016/ 0005-7967(90)90132-3; Jeffrey A. Gray, *The Neuropsychology of Anxiety: An Enquiry into the Function of the Septo-Hippocampal System* (New York: Oxford University Press, 1982); Lench and Carpenter, “What Do Emotions Do for Us?”
 17. **sadness:** For a discussion of the physiological slowing-down effects of sadness, see David Huron, “On the Functions of Sadness and Grief,” in Lench, *Function of Emotions*, 59–91. For a discussion of the ways sadness impacts the need to reflect, and its implications for social interactions, see Melissa M. Karnaze and Linda J. Levine, “Sadness, the Architect of Cognitive Change,” in Lench, *Function of Emotions*, 45–58.
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22. **Guilt:** June Price Tangney and Ronda I. Dearing, *Shame and Guilt* (New York: Guilford Press, 2002); David M. Amodio et al., “A Dynamic Model of Guilt: Implications for Motivation and Self-Regulation in the Context of Prejudice,” *Psychological Science* 18, no. 6 (2007): 524–30, doi:10.1111/ [j.1467-9280.2007.01933.x](https://doi.org/10.1111/j.1467-9280.2007.01933.x).
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 29. **Some findings:** Ibid.; Richmond-Rakerd et al., “Childhood Self-Control Forecasts the Pace of Midlife Aging and Preparedness for Old Age.” The links between self-control and brain age and white matter hyperintensities became nonsignificant when covariates were included in the model, but the rest of the findings remained significant.
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 33. **duration of our emotions:** Philippe Verduyn and Saskia Lavrijsen, “Which Emotions Last Longest and Why: The Role of Event Importance and Rumination,” *Motivation and Emotion* 39, no. 1 (2015): 119–27, doi:10.1007/s11031-014-9445-y; Philippe Verduyn et al., “Determinants of Emotion Duration and Underlying Psychological and Neural Mechanisms,” *Emotion Review: Journal of the International Society for Research on Emotion* 7, no. 4 (2015): 330–35, doi:10.1177/ 1754073915590618.
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Chapter 2: Can You Really Control Your Emotions?

1. **When Luisa heard:** I changed the name and minor details to protect the identity of the person described in this story. All other details are true.
2. **In the fall of 2000:** Maya Tamir et al., “Implicit Theories of Emotion: Affective and Social Outcomes Across a Major Life Transition,” *Journal of Personality and*

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Chapter 3: What a 1980s Power Ballad Taught Me About Emotion: Sensory Shifters

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Chapter 4 : The Myth of Universal Approach: Attention Shifters

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Chapter 5 : “Easier F***ing Said Than Done”:

Perspective Shifters

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Chapter 6: Hidden in Plain Sight: Space Shifters

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Chapter 7: Catching a Feeling: Relationship Shifters

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Chapter 8: The Master Switch: Culture Shifters

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Chapter 9: From Knowing to Doing: Making Shifting Automatic

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Conclusion It’s 5:00 a.m., Do You Know Where Your Emotions Are?

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Shift

**Managing Your Emotions-
So They Don't Manage You**

Ethan Kross

Translated by Mina Safari

Nashrenovin