Contents

Preface and Acknowledgments

Foreword by Daniel J. Siegel

ix

XXV

Chapter 1	Ancestral Passions 1		
Chapter 2	The Evolution of Affective Consciousness: Studying Emotional Feelings in Other Animals 47		
Chapter 3	The SEEKING System: Brain Sources of Eager Anticipation, Desire, Euphoria, and the Quest for Everything 95		
Chapter 4	The Ancestral Sources of RAGE 145		
Chapter 5	The Ancestral Roots of FEAR 175		
Chapter 6	Beyond Instincts: Learning and the Affective Foundations of Memory 203		
Chapter 7	LUSTful Passions of the Mind: From Reproductive Urges to Romantic Love 245		
Chapter 8	Nurturing Love: The CARE System 283		
Chapter 9	Born to Cry: The PANIC/GRIEF System and the Genesis of Life-Sustaining Social Bonds 311		

viii Contents

Chapter 10	PLAYful Dro	eamlike Circuits of the Brain
	The Ancest	ral Sources of Social Joy and
	Laughter	351

- Chapter 11 Toward a Neurobiology of the Soul: The Core SELF and the Genesis of Primary-Process Feelings 389
- Chapter 12 Brain Emotional Systems and Affective
 Qualities of Mental Life: From Animal Affects
 to Human Psychotherapeutics 425
- Chapter 13 Philosophical Reflections and Complaints: Can We Go From Mice to Men and Back Again? 475

References 501
Index 547