

# Contents

Acknowledgments ix

Introduction xiii

## 1 Primordial Affectivity 1

- 1.1 Reclaiming a Broader and Deeper Notion of Affectivity 1
- 1.2 Spinoza's *Conatus*: Striving as the Ground of All Affects 4
- 1.3 Enter the *Lived Body*: From Maine de Biran's Experience of Effort to Henry's "Interior Quivering" 7
- 1.4 Heidegger's Care and Moods, and Patočka's "Physiognomic Impressions" 11
- 1.5 Enactive Sense Making 15
- 1.6 Primordial Affectivity and Affective Science 20
- 1.7 Conclusion 24

## 2 The Emotions: Existing Accounts and Their Problems 25

- 2.1 Introduction 25
- 2.2 The Theory of Basic Emotions (BET) 26
- 2.3 Assessing Existing Criticisms of BET 29
- 2.4 The Arbitrariness of the Alleged Basic Emotions 36
- 2.5 The Problematic Unity/Disunity Debate 40
- 2.6 Alternatives to BET and Their Problems 46
- 2.7 Conclusion 52

## 3 Emotional Episodes as Dynamical Patterns 53

- 3.1 Introduction 53
- 3.2 Fundamental Concepts of Dynamical Systems Theory (DST) 54
- 3.3 Dynamical Affective Science 56
- 3.4 Implications for the Debate on the Nature of the Emotions 70
- 3.5 Discreteness and Boundaries 75
- 3.6 Moods 77
- 3.7 Conclusion 82

## **4 Reappraising Appraisal 83**

- 4.1 Introduction 83
- 4.2 Beginnings 84
- 4.3 Downplaying the Body in the 1960s and 1970s 87
- 4.4 Appraisal Theory Today: The Body as a Mere Interactant 94
- 4.5 Eroding the Neural Boundaries between Cognition and Emotion 98
- 4.6 Enacting Appraisal 101
- 4.7 Phenomenological Connections 106
- 4.8 A (Brief) Comparison with Prinz's "Embodied Appraisal" 109
- 4.9 Conclusion 111

## **5 How the Body Feels in Emotion Experience 113**

- 5.1 Introduction 113
- 5.2 A Taxonomy of Bodily Feeling 115
- 5.3 Conspicuous Bodily Feelings in Emotion Experience 118
- 5.4 The "Obscurely Felt" Body 122
- 5.5 Feeling Absorbed 128
- 5.6 Conclusion 132

## **6 Ideas for an Affective "Neuro-physio-phenomenology" 135**

- 6.1 Introduction 135
- 6.2 Neurophenomenology in Theory and Practice 136
- 6.3 Neurophenomenology and the Study of Consciousness 139
- 6.4 Affective Neuroscience and Emotion Experience 143
- 6.5 Outline of an Affective Neuro-physio-phenomenological Method 148
- 6.6 Bodily Feelings and Emotion Experience 163
- 6.7 Conclusion 170

## **7 Feeling Others 171**

- 7.1 Introduction 171
- 7.2 The Experience of the Other as a *Leib* 173
- 7.3 Perceiving Emotion in Expression 176
- 7.4 Impressive Others 179
- 7.5 Feeling Close 181
- 7.6 Sympathy 184
- 7.7 Doing as Others Do 187
- 7.8 Do We Mimic Others to Read Their Minds? 190
- 7.9 Mimicry as a Mechanism for Social Bonding 194
- 7.10 Beyond Strict Mimicry 198
- 7.11 Conclusion 201

Epilogue 203

Notes 205

References 229

Index 261