

Affective Neuroscience: The Foundations of Human and Animal Emotions (Series in Affective Science)

By Jaak Panksepp

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Some investigators have argued that emotions, especially animal emotions, are illusory concepts outside the realm of scientific inquiry. However, with advances in neurobiology and neuroscience, researchers are demonstrating that this position is wrong as they move closer to a lasting understanding of the biology and psychology of emotion. In *Affective Neuroscience*, Jaak Panksepp provides the most up-to-date information about the brain-operating systems that organize the fundamental emotional tendencies of all mammals. Presenting complex material in a readable manner, the book offers a comprehensive summary of the fundamental neural sources of human and animal feelings, as well as a conceptual framework for studying emotional systems of the brain. Panksepp approaches emotions from the perspective of basic emotion theory but does not fail to address the complex issues raised by constructionist approaches. These issues include relations to human consciousness and the psychiatric implications of this knowledge. The book includes chapters on sleep and arousal, pleasure and fear systems, the sources of rage and anger, and the neural control of sexuality, as well as the more subtle emotions related to maternal care, social loss, and playfulness. Representing a synthetic integration of vast amounts of neurobehavioral knowledge, including relevant neuroanatomy, neurophysiology, and neurochemistry, this book will be one of the most important contributions to understanding the biology of emotions since Darwins *The Expression of the Emotions in Man and Animals*

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Editorial Review

Review
"It is an invaluable reference for any neuroscientist interested in understanding the neurobiological basis of drives and emotions where the best information is contained in the animal literature. This is the strength of Panksepp's book which summarizes and references these data around clinically recognizable concepts making the information highly relevant to practicing clinicians." --Canadian Journal of Neurological Sciences

"Jaak Panksepp presents a synopsis of animal research on emotion together with stimulating new ideas on the role and representation of emotion in humans and other mammals. It seemed clear to me that Panksepp's affective neuroscience can provide a valuable foundation to emotion research. These are not entirely new ideas, but by presenting them in a comprehensive text on the neuroscience of emotion, Panksepp constructs a strong defense against the not uncommon view that emotions are 'illusionary concepts outside the realm of scientific enquiry.' For this reason alone, Panksepp is to be congratulated. This is a powerful text that will make a lasting impression on emotion research in general. Panksepp has provided a much-needed review of the animal literature, together with fascinating new ideas on the nature of affective consciousness." -- Andy Calder, MRC Cognition and Brain Sciences Unit, Cambridge, UK

About the Author
Jaak Panksepp is at Medical College of Ohio at Toledo.

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