



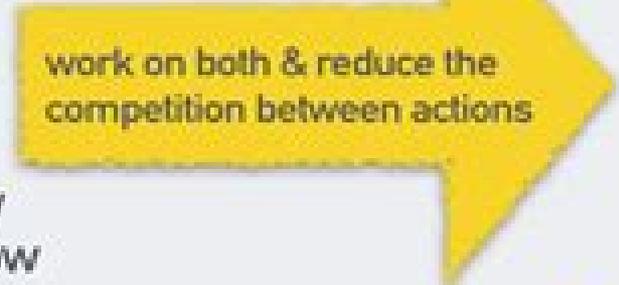
# Emotions: 5 points to work on



**2 WAYS  
of activation**

sensorial,  
bodily,  
fast and  
unconscious

longer,  
mediated by  
thought, slow  
and conscious



it works on perception,  
senses, posture,  
self perception,  
innate reflexes,  
context, etc.

work on logical and  
symbolic thought,  
evaluation and  
decision-making,  
tolerance, etc.

**Reception:** ← opens to sociality

→ **Reaction:** fight-fly-freeze

**2  
modalities**



Identify the exchange between these two modalities

# Understanding Emotion At Work

**S Ashworth**



## **Understanding Emotion At Work:**

## **Understanding Emotion At Work** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Understanding Emotion At Work**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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