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**Título:** Gut Reactions: A Perceptual Theory Of Emotion

**Autor:** Prinz J. Jesse

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**Sinopsis**

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Gut Reactions is an interdisciplinary defense of the claim that emotions are perceptions in a double sense. First of all, they are perceptions of changes in the body, but, through the body, they also allow us to literally perceive danger, loss, and other matters of concern. This proposal, which Prinz calls the embodied appraisal theory, reconciles the long standing debate between those who say emotions are cognitive and those who say they are noncognitive. The basic idea behind embodied appraisals is captured in the familiar notion of a "gut reaction," which has been overlooked by much emotion research. Prinz also addresses emotional valence, emotional consciousness, and the debate between evolutionary psychologists and social constructionists.