

# Chasing Stomach Butterflies: A Journey into the Science of Emotions



**Chasing Stomach Butterflies** by Gregory Muller

★★★★☆ 4.4 out of 5

Language : English

File size : 1522 KB

Text-to-Speech : Enabled



Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 68 pages  
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Screen Reader : Supported



## Book Description

In *Chasing Stomach Butterflies*, Gregory Muller takes us on a fascinating journey into the science of emotions. He explores the latest research on how our brains process emotions, how they affect our behavior, and how we can use this knowledge to live happier, more fulfilling lives.

Muller begins by examining the basic building blocks of emotions, such as fear, anger, and joy. He shows how these emotions are triggered by our brains and how they can influence our thoughts, feelings, and actions. He then goes on to explore the more complex emotions, such as love, hate, and guilt. He shows how these emotions are shaped by our experiences and how they can have a profound impact on our lives.

Muller also discusses the role of emotions in our physical health. He shows how stress can lead to a variety of health problems, such as heart disease, stroke, and cancer. He also shows how positive emotions, such as gratitude and optimism, can boost our immune system and protect us from disease.

*Chasing Stomach Butterflies* is a groundbreaking book that will change the way you think about emotions. It is a must-read for anyone interested in the

science of emotions and how it relates to our everyday experiences.

## About the Author

Gregory Muller is a professor of psychology at the University of California, Berkeley. He is the author of several books on the science of emotions, including *The Body and Emotion* and *The Feeling of Life*.

## Reviews

“*Chasing Stomach Butterflies* is a fascinating and informative book that will appeal to anyone interested in the science of emotions. Muller does an excellent job of explaining complex concepts in a clear and engaging way.”

— **New York Times Book Review**

“Muller's book is a must-read for anyone who wants to understand the science of emotions. It is a groundbreaking work that will change the way we think about how our brains process emotions and how they affect our behavior.” — **Washington Post Book World**

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