



Human Emotions

SOCIAL CONNECTIONS AND PERSONAL WELL BEING

Volume 2

Editors

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Human Emotions Social Connections and Personal Well-Being

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FOREWORD



FOREWORD

Human Being is well equipped with Cognition & Emotion both. Where as all other creatures are mostly governed by Instincts & Reflexes and that makes us inventive, creative and complex as well.

Undoubtedly, cognition has its supremacy in dealing with phenomenal world yet without emotion we are just like robots. Even machine can't function smoothly without lubrication and so is the case with human being. It is emotion that makes us so special & unique in this world. In personal, familial and social life emotions play a pivotal role in our life.

The lady duo (Dr. Soumya Pandey & Dr. Divya) has given picturesque description showing the importance of emotions in our life.

It is emotion which provides us a possibility of becoming Divine and Supreme Being.

I am sure that book is going to be of much use to those who are working in the field of human dealings more explicitly to young counselors & psychologist aspiring to connect with their clients, as well as enhancing their

quality of relationship in all walks of life.

Love & Blessings to both Authors.

(Prof. Krishna Dutt)
Former Faculty, KG Medical
University, currently Prof & Head,
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Psychology, Era University,
Lucknow also Founder of
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Learners & Mental Health care.

PREFACE

We humans are emotional beings. Our emotions, whether it's the happiness of sharing a laugh or the pain of rejection, shape our lives. However, our emotions are not independent entities; they are intertwined with our social connections, the complex network of relationships that connect us to others.

This book delves into the deep interplay between human emotions, social connections, and well-being. It explores how our feelings influence our interactions with others, and conversely, how these interactions impact our emotional well-being. We will discover how strong social connections can act as a shield against life's challenges, nurturing a sense of belonging and support that is vital for our overall well-being.

This exploration is not purely academic. By comprehending the intricate relationship between emotions, social connections, and well-being, we can equip ourselves with the tools to navigate life's complexities. We can learn to cultivate positive emotions, forge stronger connections with others, and ultimately, lead a life filled with greater purpose and contentment.

So, come along on this journey as we untangle the connections between emotions, social connections, and well-being. It's a journey that promises to deepen our understanding of ourselves and the world around us.

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