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La ciencia de las emociones está en plena revolución y este cambio de paradigma tiene implicaciones de gran alcance para todos nosotros. La psicóloga y neurocientífica Lisa Feldman Barrett, cuya teoría de las emociones está impulsando una comprensión más profunda de la mente y el cerebro, revierte la creencia generalizada de que las emociones se alojan en diferentes partes del cerebro y se expresan y reconocen universalmente. Muy al contrario, ha demostrado que las emociones se construye en el momento, mediante sistemas centrales que interactúan en todo el cerebro gracias a toda una vida de aprendizaje.

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