

# Animal Emotions and What They Tell Us About Ourselves



## Mama's Last Hug: Animal Emotions and What They Tell Us about Ourselves by Frans De Waal

★★★★☆ 4.7 out of 5

Language	: English
File size	: 36631 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 350 pages



Animals are fascinating creatures, and their emotional lives are no exception. In recent years, scientists have made great strides in understanding the emotions of animals, and their findings have shed new light on the human experience.

The book *\*Animal Emotions and What They Tell Us About Ourselves\** by Dr. Marc Bekoff is a groundbreaking new work that explores the emotional lives of animals. Bekoff presents a wealth of scientific research to show that animals are capable of a wide range of emotions, from joy and love to fear and grief. He argues that animals' emotions are not simply instinctive responses, but rather complex mental states that are similar to our own.

Bekoff's book is a fascinating read for anyone who is interested in animals, emotions, or the human condition. It is a must-read for anyone who wants to understand the emotional lives of our furry, feathered, and scaled friends.

## **What Animals Can Teach Us About Ourselves**

Animals can teach us a lot about ourselves. By observing their emotions, we can learn more about our own emotions and how to manage them. For example, we can learn from animals that it is okay to express our emotions, that it is important to have empathy for others, and that we should not be afraid to ask for help when we need it.

Animals can also help us to understand the importance of play and relaxation. Play is an important part of animal life, and it can help us to reduce stress, improve our mood, and boost our creativity. Animals also need time to relax and recharge, and we can learn from them to take some time for ourselves each day to do the same.

## **The Importance of Animal Emotions**

Animal emotions are important for a number of reasons. First, they help animals to survive. Emotions such as fear and anger can help animals to avoid danger, while emotions such as joy and love can help animals to bond with others and form social groups.

Second, animal emotions play an important role in animal welfare. Animals that are able to express their emotions are more likely to be happy and healthy. Conversely, animals that are not able to express their emotions are more likely to experience stress, anxiety, and depression.

Third, animal emotions can help us to understand the human experience. By studying the emotions of animals, we can learn more about our own emotions and how to manage them.

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