



# Metaphor and Emotion: Language, Culture, and Body in Human Feeling (Studies in Emotion and Social Interaction)

By Zoltán Kövecses

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This book challenges the simplistic division between the body and culture by showing how human emotions are to a large extent 'constructed' from individuals' embodied experiences in different cultural settings. Kovacs illustrates through detailed cross-linguistic analyses how many emotion concepts reflect widespread metaphorical patterns of thought. These emotion metaphors arise from recurring embodied experiences, one reason why human emotions across many cultures conform to certain basic biological-physiological processes in the human body and of the body interacting with the external world. The view proposed here demonstrates how cultural aspects of emotions, metaphorical language about the emotions, and human physiology in emotion are all part of an integrated system. Kovacs convincingly shows how this integrated system points to the reconciliation of the seemingly contradictory views of biological reductionism and social constructionism in contemporary debates about human emotion.

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#### Review

"Kovescses's work is an exemplary and provocative exploration in cognitive linguistics. He has chosen a set of important questions about emotions, and he shows how traditional attempts to characterize the language of emotion were overly restrictive...A work of penetrating scholarship, providing illuminating examples from a broad range of languages and cultures." *Contemporary Psychology*

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#### About the Author

Zoltan Kovescses is Professor of Linguistics, Department of American Studies, Eotvos Lorand University. He is the author of *Metaphor and Emotion* (2002), and *Metaphor: A Practical Introduction* (2000).

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Keith Oatley is Professor of Cognitive Psychology at the University of Toronto. He is the author of more than 120 journal articles and chapters and five books, including "Understanding Emotions" (Blackwell, 1996).

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