



Louise Sundararajan 2015 NY:
Springer SBM

Louise Sundararajan was born in Yunnan, China, grew up in Taiwan, and married a scholar from South India. Louise now lives in New York with her husband. Living with cultural differences has been and continues to be part of Louise's personal as well as professional life. *Understanding Emotion in Chinese Culture* is teased out by Louise Sundararajan as a doorway to Chinese culture. This book goes beyond the Chinese cultural framework and offers instead an example of Chinese culture to demonstrate the plasticity of emotions and how they cannot be referred to without a cultural context.

Louise invites her readers to *savor* the ideas she presents. Roll them around in your head with awareness of how the concepts, the nuances and the principals fit in with your very own experiences of not just Chinese culture or Chinese people, but your own experiences of living.

The subtitle of the book aptly states, *thinking through psychology*. This book verifies holistic psychology as a paradigm shift from the fixed notions of how psychology is often studied and researched. Implicit emotions are given a real value *like salt flavor in the soup, rather than explicitly represented like clumps of salt that spoil the soup*.

Understanding Emotion in Chinese Culture is a guided tour through the heart and mind of a people who represent almost 20% of the world's population. This book is an icon of appreciating the relationship between emotions and culture.