



Therapy and Emotions in Film and Television: The Pulse of Our Times

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Bridging the divide between humanities and social sciences, *Therapy and Emotions in Film and Television: The Pulse of Our Times* represents a unique collection of interdisciplinary reflections upon the emotional cultures of contemporary societies. The book contains chapters by leading historians of emotions, scholars in film and television studies, and a pioneering scholar in aging research. The collection opens up questions upon the characteristic features of our 'emotional regimes' and demonstrates possible ways of using films, emotions and therapy as a tool both to shed new light on our emotional realities, identities and sensitivities in their historically contingent frame and to understand their shifting nature. Thus, the collection offers a fresh, insightful look at emotions and society across disciplines from the early years of the twentieth century to the present.

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