

## **10 Things You Might Not Know About Emotion**

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I will present an overview of some of the major findings from our research program on human emotions. The presentation addresses: (a) what emotions are and how they function; (b) how emotions are regulated and with what consequences; (c) the role emotions play in intimate relationships; (d) the role of emotion in empathy; (e) emotions and personality; (f) how emotions change in healthy aging and late-life dementias; and (g) connections between emotions, well-being, and health.