TABLE OF CONTENTS

Preface     xi

Part I   The basics of critical feeling     1

Introduction     3

1   Critical thinking     9
    Critical thinking as a skill     10
    Critical thinking in the service of values     14
    Critical thinking and feelings     25
    Why critical thinking is not enough     27

2   The psychology of feelings     34
    What is a feeling?     34
    Emotions     36
    Moods     38
    Preferences     41
    Metacognitive feelings     43
    Bodily feedback     53
    Other feelings     53
    The somatic marker hypothesis     55
    Feeling and rationality     57

3   Critical feeling     60
    What is critical feeling?     60
    Interrupting feelings     64
    Extracting information     69
    Changing external context     77
    Changing inner states     80
    Critical feeling in the service of values     85
    What critical feeling is not     90
    Critical feeling: research and educational practice     95
Table of Contents

Part II   Applications of critical feeling  101

4   Happiness through critical feeling  103
 The pursuit of happiness  105
 Eating and drinking with feeling  112
 Critical feeling and psychotherapy  115
 Managing negative feelings in everyday life  117
 Positive psychology  123

5   The role of sensory and bodily feedback  128
 Bodily feedback and affect  128
 Acquisition and execution of skills  131
 Desirable difficulties in skill learning  136
 Self-assessment and feelings  139
 The power of synchronous movement  141

6   Living together  145
 Negative feelings in social interactions  146
 Distance and feelings  150
 Can critical feeling prevent us from being cheated?  152
 Loving your spouse  155

7   Critical feeling in business and politics  163
 Using feelings in product marketing  165
 Overcoming pluralistic ignorance  171
 Emotions in politics  173

8   Critical feelings at school  180
 Feelings related to knowledge and performance  181
 Emotions in the classroom  184
 Making things interesting  186
 Cultivating intuition and insight  191

9   Music, art, and literature  199
 Play it again, Sam: how to become a music lover  200
 Pigeons as connoisseurs? The learning of artistic styles  202
 The psycho-historical framework  205
 The alienation effect: connecting Brecht to cognition  209
 The role of emotions in art and literature  211
# Table of Contents

10 Religion and morality 216
   Re-enchantment through rituals 219
   The acquisition of moral habits 228

Epilogue 241

Notes 243
References 246
Index 287