



# The Psychological Significance of the Blush

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**The Psychological Significance of the Blush** From Brand: Cambridge University Press

The blush is a ubiquitous yet little understood phenomenon which can be triggered by a number of self-conscious emotions such as shame, embarrassment, shyness, pride and guilt. The field of psychology has seen a recent surge in the research of such emotions, yet blushing remains a relatively neglected area. This unique volume brings together leading researchers from a variety of disciplines to review emerging research on the blush, discussing in depth issues that have arisen and stimulating new theorizing to indicate future directions for research. Topics covered include: the psychophysiology of the blush; developmental aspects; measurement issues; its evolutionary significance and the role of similar colour signals in the social life of other species; its relation to embarrassment, shame and social anxiety; and the rationale for, and clinical trials of, interventions to help people suffering from blushing phobia.

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### Editorial Review

#### Review

"A must-read for everyone interested in emotions."

Wilco W. van Dijk, Leiden University

"In the last two decades our understanding of the underlying mechanisms, meanings and implications of blushing has increased considerably. This excellent collection of chapters written by internationally recognised experts and expertly edited by Ray Crozier and Peter de Jong provides a timely update of the current state of knowledge and directions for future research. This is a recommended read for any academic, researcher or practitioner with even a passing interest in this fascinating topic. The next two decades look exciting indeed."

Robert J. Edelman, University of Roehampton

"Darwin - who said 'blushing is the most peculiar and the most human of all expressions' - would be awed and delighted with this book."

Don Shearn, Professor Emeritus, Colorado College

"This comprehensive and impressively constructed presentation of the state of blush research is a fascinating and useful volume for evolutionary scientists, psychologists, psychiatrists, and neuroscientists. However, because of the quality of the prose, it is also appropriate for lay readers curious about this uniquely human phenomenon."

Shannon G. Caspersen, The American Journal of Psychiatry

"... Darwin may have been on to something when he asserted that the blush is 'the most peculiar and most human of all expressions'. This collection shows why he may have been right ... psychologists of many specialties will find this book a crosscutting and corrective read ..."

Marianne LaFrance, PsycCRITIQUES

#### About the Author

W. Ray Crozier is Honorary Professor in the School of Social Sciences at Cardiff University.

Peter J. de Jong is Professor of Experimental Psychopathology and Chair of Clinical Psychology at the University of Groningen, The Netherlands.

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