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in this chapter we will explore issues relating to both emotion and motivation we will begin with a brief discussion of several theories that have been proposed to explain motivation and why we engage in a given behavior

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what makes us behave as we do what drives us to eat what drives us toward sex is there a biological basis to explain the feelings we experience how universal are emotions in this chapter we will explore issues relating to both motivation and emotion

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together with emotion motivation is part of a core psychological phenomenon referred to as affect we feel these experiences physiologically and emotionally and they motivate and guide our behavior and decision making

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