

Dr Julia Fischer

Medicine Of Emotions

- Fascinating: which feelings determine our personality
- Simple: complex biochemical processes are explained understandably and entertainingly
- Competent: Dr Fischer is a doctor and a passionate collector of knowledge



May 2020, 256 pages

Pop science for powerful feelings

Broken hearts, tears of happiness, goosebumps!
What really lies behind our emotions

Powerful feelings can be wonderful. Or dreadful. Or even both at the same time. Since sometimes, you want to cry tears of happiness. Julia Fischer describes how emotions come about, which biochemical processes occur in our bodies and how we can use this knowledge to help ourselves. What do a broken heart and cold turkey have in common, why do we have a tendency for knee-jerk reactions when we are under pressure and why is it not advisable to make decisions when we are “hangry”: Entertaining, informative and rather cheeky, Julia Fischer takes us on the emotional roller coaster and shows us why we want to ride on it again and again.

English sample translation available.

The author:

Dr Julia Fischer, born in 1984, is a doctor, journalist and presenter with an insatiable curiosity for medical and scientific topics. Her biggest passion is presenting them competently and entertainingly, for example in her radio spots, “Medizinische Notizen mit Dr. med. Julia Fischer” (medical notes with Dr. med. Julia Fischer) on Radioeins or her contributions for rbb TV. She lives with her family in Berlin.