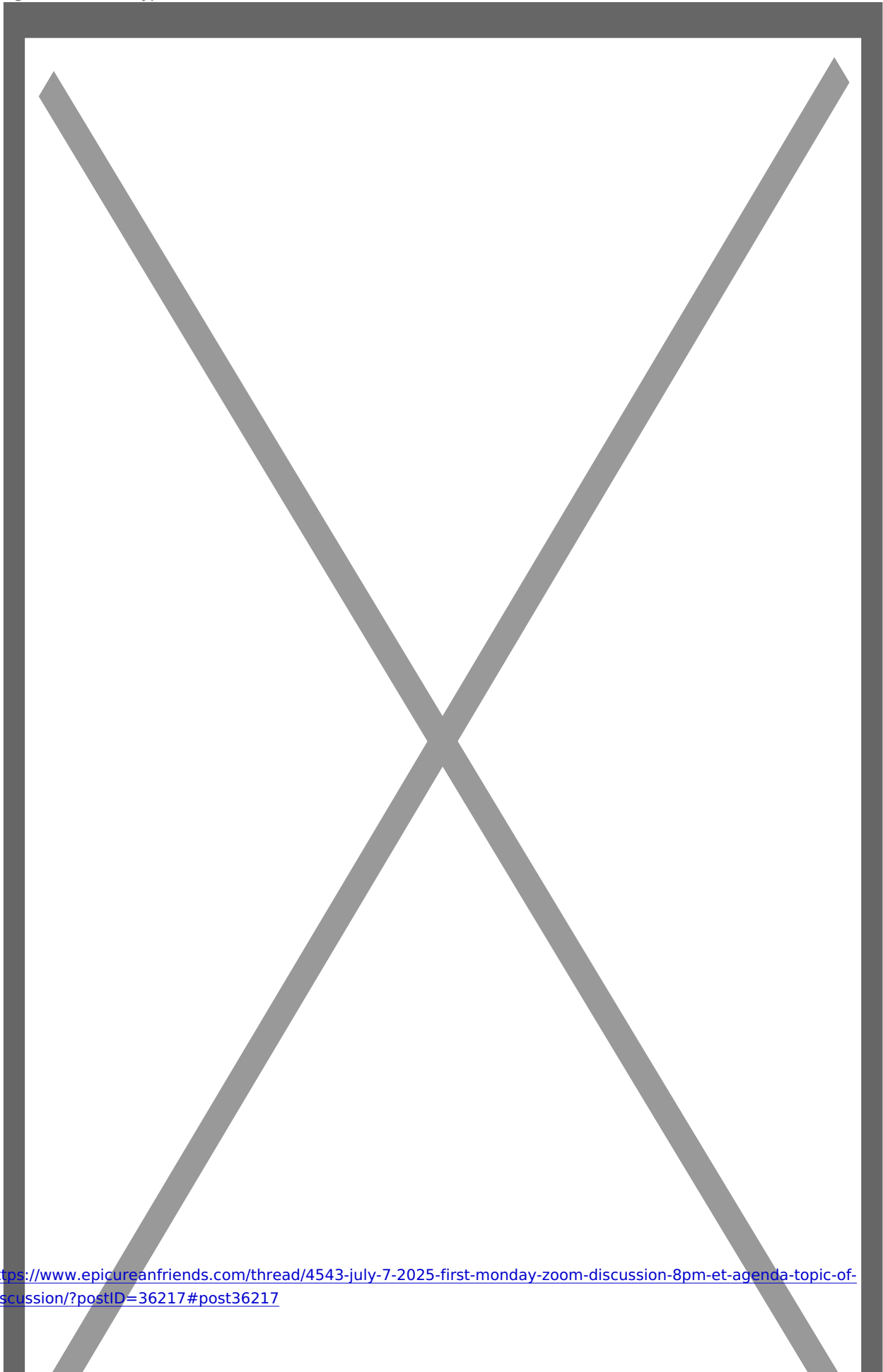


July 7, 2025 First Monday Zoom Discussion 8pm ET - Agenda & Topic of discussion

Post by “Don” of July 6, 2025 at 9:07 PM

FWIW Brene Brown's Atlas of the Heart provides a look at emotional granularity:

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<https://www.epicureanfriends.com/thread/4543-july-7-2025-first-monday-zoom-discussion-8pm-et-agenda-topic-of-discussion/?postID=36217#post36217>

[Atlas of the Heart Read-Along Resources](#)

As you read along with Atlas of the Heart, these companion resources are intended to help build your emotional vocabularies.

brenebrown.com

Quote

Our ability to accurately recognize and label emotions is often referred to as *emotional granularity*. In the words of Harvard psychologist Susan David, “Learning to label emotions with a more nuanced vocabulary can be absolutely transformative.”