

This Emotional Life

3 X 120 HD



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This Emotional Life, an ambitious 3-part television series, addresses the need for the newest and most useful information on emotional well-being, and helps people to foster stronger social relationships. The series tackles issues organized around improving social relationships, resolving negative feelings such as depression and anxiety, and searching for greater happiness. Each program weaves together compelling personal stories of ordinary people with the latest scientific research, along with revealing comments from celebrities like Chevy Chase, Larry David, Alanis Morissette, Robert Kennedy Jr., and Richard Gere.

Program 1: Social Relationships

The first episode looks at the importance of relationships and why they are central to our emotional well-being. It examines the cognitive and neurological processes underpinning our everyday interactions, and helps us to understand why some relationships flourish and others fail. The viewers will meet a young boy adopted from a Russian orphanage whose story illustrates how attachment in infancy lays the groundwork for all future relationships. Viewers will also be introduced to the young parents of newborn twins, a couple in therapy for a troubled marriage, a teenager who was bullied with tragic consequences, two women grappling with the stress of workplace conflicts, and other characters—all to better understand the importance of social connections and relationships.

Program 2: Negative Emotions

The second episode takes a look at emotions that are commonly regarded as obstacles to happiness such as anger, sadness, and fear. Central to the program is the understanding that negative emotions are natural and helpful, providing an important guidance system. But they can spiral out of control with debilitating effects. The central characters in this episode include a woman whose inability to control her temper is jeopardizing her relationships, a college student whose fear of flying is limiting her life, and a teenager who is struggling to overcome clinical depression on the eve of attending college. Viewers will also meet veterans with post-traumatic stress disorder (PTSD) and follow their journeys to find effective treatment.

Program 3: Positive Emotions

The final episode explores happiness, introducing individuals facing major turning points in their lives—a job loss, a cancer diagnosis, the death of a child, an accident—as well as those facing more common struggles of everyday life. The latest research concludes that we often mispredict what brings us greater happiness, leading us to look for it in the wrong places. As the study of behavior turns more toward positive emotions, this episode explores the latest research on the activities and qualities that foster them, such as meditation, compassion, forgiveness, and altruism. The film ends by coming full circle to the understanding that it is the quality of our relationships—with friends, family, and the larger community—that ultimately defines our happiness.

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CREDITS

Executives in Charge: Paul G. Allen, Jody Patton, and Paula Apsell
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Supervising Producer: Bonnie Benjamin Phariss
Senior Producers: Lisa Mirowitz and Graham Judd
Photo Credit: Mehmet Yunus



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