

# El poder de las palabras – Mariano Sigman

## Capítulo 1

1. Keller, H. (1965). **The story of my life**. Рипол Классик
2. Borges, J.L. (1979). **Borges, Oral**. Belgra Editores/Editorial Belgrano.
3. Mesz, B., Trevisan, M. A., & Sigman, M. (2011). **The taste of music**. *Perception*, 40(2), 209-219.
4. Cohen, A. J. (2010). **Music as a source of emotion in film**. In P. N. Juslin & J. A. Sloboda (Eds.), *Handbook of music and emotion: Theory, research, applications* (pp. 879–908). Oxford University Press.
5. Mesz, B., Rodriguez Zivic, P. H., Cecchi, G. A., Sigman, M., & Trevisan, M. A. (2015). **The music of morality and logic**. *Frontiers in psychology*, 6, 908.
6. Russell, B. (1980). **Correspondence with Frege**. In *Gottlob Frege Philosophical and Mathematical Correspondence*. University of Chicago Press.
7. Vosoughi, S., Roy, D., & Aral, S. (2018). **The spread of true and false news online**. *Science*, 359(6380), 1146-1151.
8. Brady, W. J., Wills, J. A., Jost, J. T., Tucker, J. A., & Van Bavel, J. J. (2017). **Emotion shapes the diffusion of moralized content in social networks**. *Proceedings of the National Academy of Sciences*, 114(28), 7313-7318.
9. Vosoughi, S., Mohsenvand, M. N., & Roy, D. (2017). **Rumor gauge: Predicting the veracity of rumors on Twitter**. *ACM transactions on knowledge discovery from data (TKDD)*, 11(4), 1-36
10. Maurette, P. (2021). **Por qué creemos en cuentos**. Clave Intelectual.
11. Slater, M., Lotto, B., Arnold, M. M., & Sánchez-Vives, M. V. (2009). **How we experience immersive virtual environments: the concept of presence and its measurement**. *Anuario de Psicología*, 2009, vol. 40, p. 193-210
12. Heidegger, M. (1962). **The Ontological Priority of the Question of Being**. S.C.M.
13. Gombrich, E. (1968). **Meditations on a hobby horse**. Phaidon.
14. Coleridge, S. T. (1984). **Biographia literaria, or, Biographical sketches of my literary life and opinions**. Princeton University Press.

15. Borges, J.L. (1967-1968) **Norton Lecture: 'A poet's creed'**. Harvard.
16. Lee, K. (2016). [Can you tell if a kid is lying?](#). TED.
17. Merton, R. K. (1948). **The self-fulfilling prophecy**. The antioch review, 8(2), 193-210.
18. George Soros (2013) **Fallibility, reflexivity, and the human uncertainty principle**. Journal of Economic Methodology, 20:4, 309-329.
19. Austin, J.L. (1962). **Cómo hacer cosas con palabras**. Harvard University Press
20. Claidière, N., Trouche, E., & Mercier, H. (2017). **Argumentation and the diffusion of counter-intuitive beliefs**. Journal of Experimental Psychology: General, 146(7), 1052.
21. Frederick, S. (2005). **Cognitive reflection and decision making**. Journal of Economic perspectives, 19(4), 25-42
22. Kahneman, D. (2011). **Thinking, fast and slow**. Macmillan.
23. Montaigne, M. (2004). **The complete essays**. Penguin UK.
24. Asch, S. E. (1956). **Studies of independence and conformity: I, A minority of one against a unanimous majority**. Psychological Monographs: General and Applied, 70(9), 1-70
25. Lumet, S. (1957). '12 Angry Men'. [Edición doblada al español y publicada por RTVE](#)
26. Tversky, A., & Kahneman, D. (1973). **Availability: A heuristic for judging frequency and probability**. Cognitive psychology, 5(2), 207-232.
27. Schwarz, N., Bless, H., Strack, F., Klumpp, G., Rittenauer-Schatka, H., & Simons, A. (1991). **Ease of retrieval as information: another look at the availability heuristic**. Journal of Personality and Social psychology, 61(2), 195
28. Pearson, H. (2016). **The life project: The extraordinary story of 70,000 ordinary lives**. Catapult
29. Pearson, H. (2017). [Lessons from the longest study on human development](#). TED
30. Davidai, S., & Gilovich, T. (2016). **The headwinds/tailwinds asymmetry: An availability bias in assessments of barriers and blessings**. Journal of personality and social psychology, 111(6), 835.
31. Vul, E., & Pashler, H. (2008). **Measuring the crowd within: Probabilistic representations within individuals**. Psychological Science, 19(7), 645-647.

32. Centola, D., Becker, J., Brackbill, D., & Baronchelli, A. (2018). **Experimental evidence for tipping points in social convention.** *Science*, 360(6393), 1116-1119.
33. Todorov, T. (1987). **La conquista de América: el problema del otro.** Siglo xxi.

## Capítulo 2

1. Saramago, J. (1997). **Todos los nombres (Todos os nomes).** Editora Companhia das Letras.
2. Navajas, J., Niella, T., Garbulsky, G., Bahrami, B., & Sigman, M. (2018). **Aggregated knowledge from a small number of debates outperforms the wisdom of large crowds.** *Nature Human Behaviour*, 2(2), 126-132.
3. Galton, F. (1907). **Vox populi (the wisdom of crowds).** *Nature*, 75(7), 450-451.
4. Mackay, C. (2012). **Extraordinary popular delusions and the madness of crowds.** Simon and Schuster.
5. Haidt, J. (2001). **The emotional dog and its rational tail: a social intuitionist approach to moral judgment.** *Psychological review*, 108(4), 814.
6. Navajas, J., Heduan, F. Á., Garrido, J. M., Gonzalez, P. A., Garbulsky, G., Ariely, D., & Sigman, M. (2019). **Reaching consensus in polarized moral debates.** *Current Biology*, 29(23), 4124-4129.
7. Russell, J. (1991). **Inventing the flat Earth.** *History Today*, 41(8), 13-19.
8. Carey, S. (2000). **The origin of concepts.** *Journal of Cognition and Development*, 1(1), 37-41.
9. Vosniadou, S., & Brewer, W. F. (1992). **Mental models of the earth: A study of conceptual change in childhood.** *Cognitive psychology*, 24(4), 535-585.
10. de la Hera, D. P., Sigman, M., & Calero, C. I. (2019). **Social interaction and conceptual change pave the way away from children's misconceptions about the Earth.** *NPJ science of learning*, 4(1), 1-12.
11. Goldenberg, A., Cohen-Chen, S., Goyer, J. P., Dweck, C. S., Gross, J. J., & Halperin, E. (2018). **Testing the impact and durability of a group malleability intervention in the**

- context of the Israeli–Palestinian conflict.** Proceedings of the national academy of sciences, 115(4), 696-701.
12. Halperin, E. (2008). **Group-based hatred in intractable conflict in Israel.** Journal of Conflict Resolution, 52(5), 713-736.
  13. David Scott Yeager & Carol S. Dweck (2012). **Mindsets That Promote Resilience: When Students Believe That Personal Characteristics Can Be Developed,** Educational Psychologist, 47:4, 302-314.
  14. Richter, C. P. (1957). 16. **ON THE PHENOMENON OF SUDDEN DEATH IN ANIMALS AND MAN.** In Psychopathology (pp. 234-242). Harvard University Press (1957 Psychosomatic medicine)
  15. Epstein, D. (2013). **The Sports Gene: Inside the Science of Extraordinary Athletic Performance.** Penguin Books.
  16. [El Cerebro y yo.](#) Tiempo (2014)

### Capítulo 3

1. [How Paul McCartney wrote 'Yesterday'.](#) The Beatles Anthology, Episodio 4. Apple Corps, 2003.
2. Jaynes, J. (1976). **The Origins of Consciousness in the Breakdown of the Bicameral Mind.** Mariner Books
3. Jaynes, J. (1986). **Consciousness and the voices of the mind.** Canadian Psychology/Psychologie Canadienne, 27(2), 128.
4. Diuk, C., Fernandez Slezak, D., Raskovsky, I., Sigman, M., & Cecchi, G. A. (2012). **A quantitative philology of introspection.** Frontiers in integrative neuroscience, 6, 80.
5. Bergareche, J. (2019). **Estaciones de regreso.** Círculo de Tiza.
6. Lopez-Rosenfeld, M., Calero, C. I., Fernandez Slezak, D., Garbulsky, G., Bergman, M., Trevisan, M., & Sigman, M. (2015). **Neglect in human communication: quantifying the cost of cell-phone interruptions in face to face dialogs.** PloS one, 10(6), e0125772.
7. Deleuze, G., Guattari, F. (1991). **¿Qué es la filosofía?.** Anagrama

8. **Pintura, el concepto de diagrama.** Clases en versión castellana del curso dictado por Deleuze en la Universidad de Vincennes en 1981, ed. Cactus (2016)
9. Chernev, A., Böckenholt, U., & Goodman, J. (2015). **Choice overload: A conceptual review and meta-analysis.** *Journal of Consumer Psychology*, 25(2), 333-358.
10. Schwartz, B. (2004, January). **The paradox of choice: Why more is less.** New York: Ecco.
11. Reutskaja, E., Lindner, A., Nagel, R., Andersen, R. A., & Camerer, C. F. (2018). **Choice overload reduces neural signatures of choice set value in dorsal striatum and anterior cingulate cortex.** *Nature Human Behaviour*, 2(12), 925-935.
12. Ernst Zermelo, "**Untersuchungen über die Grundlagen der Mengenlehre I,**" *Mathematische Annalen* 65: (1908) pp. 261–81. (Investigaciones sobre los fundamentos de la teoría de conjuntos I.)
13. Wagon, S. (1993). **The Banach-Tarski Paradox (No. 24).** Cambridge University Press.
14. F. Marton y R. Säljö. (1976). **On qualitative differences in learning: I. Outcome and process.** *British Journal of Educational Psychology*, 46(1): 4-11
15. Foer, J. (2011). **Moonwalking with Einstein.** Penguin Books.
16. Dresler, M., Shirer, W. R., Konrad, B. N., Müller, N. C., Wagner, I. C., Fernández, G., ... & Greicius, M. D. (2017). **Mnemonic training reshapes brain networks to support superior memory.** *Neuron*, 93(5), 1227-1235.
17. Legge, E. L., Madan, C. R., Ng, E. T., & Caplan, J. B. (2012). **Building a memory palace in minutes: Equivalent memory performance using virtual versus conventional environments with the Method of Loci.** *Acta psychologica*, 141(3), 380-390.
18. Yates, F. A. (1992). **The art of memory (Vol. 64).** Random House.
19. Furman, M. (2019). **Enseñar distinto, guía para innovar sin perderse en el camino.** Siglo Veintiuno Editores
20. Brown, R., & McNeill, D. (1966). **The "tip of the tongue" phenomenon.** *Journal of verbal learning and verbal behavior*, 5(4), 325-337.
21. Simner, J., & Ward, J. (2006). **The taste of words on the tip of the tongue.** *Nature*, 444(7118), 438-438.

22. Harley, T. A., & Bown, H. E. (1998). **What causes a tip-of-the-tongue state? Evidence for lexical neighbourhood effects in speech production.** *British Journal of Psychology*, 89(1), 151-174.
23. Roy, B. C., Frank, M. C., DeCamp, P., Miller, M., & Roy, D. (2015). **Predicting the birth of a spoken word.** *Proceedings of the National Academy of Sciences*, 112(41), 12663-12668.
24. Offit, Paul A. (2007). **Vaccinated: One Man's Quest to Defeat the World's Deadliest Diseases.** Smithsonian Books/Collins. p. 27. ISBN 978-0-06-122795-0
25. Kellogg, W. N., & Kellogg, L. A. (1933). **The ape and the child: a study of environmental influence upon early behavior.**
26. Polgar, J. (2016). [The Dreams that define us](#). TED 2016
27. Bentham, J. (1780). **Le panoptique.**
28. Foucault, M. (1975). **Surveiller et Punir: Naissance de la prison.** Editions Gallimard
29. Akhtar, S., Justice, L. V., Morrison, C. M., & Conway, M. A. (2018). **Fictional first memories.** *Psychological science*, 29(10), 1612-1619.
30. Banerjee, A. V., & Duflo, E. (2007). **The economic lives of the poor.** *Journal of economic perspectives*, 21(1), 141-168.
31. Freud, S. (1905/1963). **Introductory lectures on psychoanalysis [translated].** In J. Strachey (Ed.), *The standard edition of the complete psychological works of Sigmund Freud* (Vol 15, pp. 199-201). London: Hogarth Press
32. Bachevalier, J. (1990). **Ontogenetic development of habit and memory formation in primates.** *Annals of the New York Academy of Sciences*, 608(1), 457-484.
33. Perner, J., & Ruffman, T. (1995). **Episodic memory and auto-noetic consciousness: developmental evidence and a theory of childhood amnesia.** *Journal of experimental child psychology*, 59(3), 516-548.
34. Howe, M. L., Courage, M. L., & Edison, S. C. (2003). **When autobiographical memory begins.** *Developmental Review*, 23(4), 471-494.
35. Squire, L. R. (2004). **Memory systems of the brain: a brief history and current perspective.** *Neurobiology of learning and memory*, 82(3), 171-177.

36. Tulving, E. (1993). **What is episodic memory?** Current directions in psychological science, 2(3), 67-70.
37. Meltzoff, A. N. (1995). **What infant memory tells us about infantile amnesia: Long-term recall and deferred imitation.** Journal of experimental child psychology, 59(3), 497-515.
38. Courage, M. L., Edison, S. C., & Howe, M. L. (2004). **Variability in the early development of visual self-recognition.** Infant Behavior and Development, 27(4), 509-532.
39. Gallup Jr, G. G., Anderson, J. R., & Shillito, D. J. (2002). **The mirror test. The cognitive animal: Empirical and theoretical perspectives on animal cognition,** 325-333.
40. Morrison, C. M., & Conway, M. A. (2010). **First words and first memories.** Cognition, 116(1), 23-32.
41. Izard, V., Sann, C., Spelke, E. S., & Streri, A. (2009). **Newborn infants perceive abstract numbers.** Proceedings of the National Academy of Sciences, 106(25), 10382-10385.
42. Treisman, A., & Schmidt, H. (1982). **Illusory conjunctions in the perception of objects.** Cognitive psychology, 14(1), 107-141.
43. Loftus, E. F., & Palmer, J. C. (1996). **Eyewitness testimony.** In Introducing psychological research (pp. 305-309). Palgrave, London
44. Schafe, G. E., & LeDoux, J. E. (2000). **Memory consolidation of auditory pavlovian fear conditioning requires protein synthesis and protein kinase A in the amygdala.** Journal of Neuroscience, 20(18), RC96-RC96.
45. McGaugh, J. L. (2000). **Memory--a century of consolidation.** Science, 287(5451), 248-251.
46. Hafting, T., Fyhn, M., Molden, S., Moser, M. B., & Moser, E. I. (2005). **Microstructure of a spatial map in the entorhinal cortex.** Nature, 436(7052), 801-806.
47. Stickgold, R. (2005). **Sleep-dependent memory consolidation.** Nature, 437(7063), 1272-1278.
48. Semon, R. (1921). **The Mneme.** London.
49. Tonegawa, S., Morrissey, M. D., & Kitamura, T. (2018). **The role of engram cells in the systems consolidation of memory.** Nature Reviews Neuroscience, 19(8), 485-498.

50. Josselyn, S. A., & Tonegawa, S. (2020). **Memory engrams: Recalling the past and imagining the future.** *Science*, 367(6473)
51. Misanin, J. R., Miller, R. R., & Lewis, D. J. (1968). **Retrograde amnesia produced by electroconvulsive shock after reactivation of a consolidated memory trace.** *Science*, 160(3827), 554-555.
52. Cepeda, N. J., Vul, E., Rohrer, D., Wixted, J. T., & Pashler, H. (2008). **Spacing effects in learning: A temporal ridgeline of optimal retention.** *Psychological science*, 19(11), 1095-1102.
53. Carrier, M., & Pashler, H. (1992). **The influence of retrieval on retention.** *Memory & Cognition*, 20(6), 633-642
54. Liu, X., Ramirez, S., Pang, P. T., Puryear, C. B., Govindarajan, A., Deisseroth, K., & Tonegawa, S. (2012). **Optogenetic stimulation of a hippocampal engram activates fear memory recall.** *Nature*, 484(7394), 381-385.
55. Ryan, T. J., Roy, D. S., Pignatelli, M., Arons, A., & Tonegawa, S. (2015). **Engram cells retain memory under retrograde amnesia.** *Science*, 348(6238), 1007-1013.
56. Bender, C. L., Giachero, M., Comas-Mutis, R., Molina, V. A., & Calfa, G. D. (2018). **Stress influences the dynamics of hippocampal structural remodeling associated with fear memory extinction.** *Neurobiology of learning and memory*, 155, 412-421.
57. Hall, W., & Carter, A. (2007). **Debunking alarmist objections to the pharmacological prevention of PTSD.** *The American Journal of Bioethics*, 7(9), 23-25
58. Freudenmann, R. W., Öxler, F., & Bernschneider-Reif, S. (2006). **The origin of MDMA (ecstasy) revisited: the true story reconstructed from the original documents.** *Addiction*, 101(9), 1241-1245.
59. Benzenhöfer, U., & Passie, T. (2010). **Rediscovering MDMA (ecstasy): the role of the American chemist Alexander T. Shulgin.** *Addiction*, 105(8), 1355-1361.
60. Mithoefer, M. C., Wagner, M. T., Mithoefer, A. T., Jerome, L., & Doblin, R. (2011). **The safety and efficacy of  $\pm$ 3,4-methylenedioxymethamphetamine-assisted psychotherapy in subjects with chronic, treatment-resistant posttraumatic stress disorder: the first randomized controlled pilot study.** *Journal of psychopharmacology*, 25(4), 439-452.
61. Young, C., & Butcher, R. (2020). **Propranolol for Post-Traumatic Stress Disorder: A Review of Clinical Effectiveness.**



62. Shofner, W. P. (2005). **Comparative aspects of pitch perception**. In Pitch (pp. 56-98). Springer, New York, NY
63. Chialvo, D. R. (2003). **How we hear what is not there: A neural mechanism for the missing fundamental illusion**. Chaos: An Interdisciplinary Journal of Nonlinear Science, 13(4), 1226-1230
64. Roediger, H. L., & McDermott, K. B. (1995). **Creating false memories: Remembering words not presented in lists**. Journal of experimental psychology: Learning, Memory, and Cognition, 21(4), 803
65. Mednick, S. (1962). **The associative basis of the creative process**. Psychological review, 69(3), 220
66. Howe, M. L., Threadgold, E., Wilkinson, S., Garner, S. R., & Ball, L. J. (2017). **The positive side of memory illusions: New findings about how false memories facilitate reasoning and problem solving**.
67. Spanos, N. P., Burgess, C. A., & Burgess, M. F. (1994). **Past-life identities, UFO abductions, and satanic ritual abuse: The social construction of memories**. International Journal of Clinical and Experimental Hypnosis, 42(4), 433-446.
68. Wilson, A., & Ross, M. (2003). **The identity function of autobiographical memory: Time is on our side**. Memory, 11(2), 137-149

## Capítulo 4

1. Leone, M. J., Salles, A., Pulver, A., Golombek, D. A., & Sigman, M. (2018). **Time drawings: Spatial representation of temporal concepts**. Consciousness and cognition, 59, 10-25.
2. Núñez, R. E., & Sweetser, E. (2006). **With the future behind them: Convergent evidence from Aymara language and gesture in the crosslinguistic comparison of spatial construals of time**. Cognitive science, 30(3), 401-450.
3. Ramachandran, V. S., & Hubbard, E. M. (2001). **Synaesthesia--a window into perception, thought and language**. Journal of consciousness studies, 8(12), 3-34.

4. Kuhl, P. K. (2004). **Early language acquisition: cracking the speech code**. *Nature reviews neuroscience*, 5(11), 831-843
5. Kuhl, P. K., Williams, K. A., Lacerda, F., Stevens, K. N., & Lindblom, B. (1992). **Linguistic experience alters phonetic perception in infants by 6 months of age**. *Science*, 255(5044), 606-608
6. Henrich, J., Heine, S. J., & Norenzayan, A. (2010). **The weirdest people in the world?**. *Behavioral and brain sciences*, 33(2-3), 61-83
7. Wnuk, E., & Majid, A. (2014). **Revisiting the limits of language: The odor lexicon of Maniq**. *Cognition*, 131(1), 125-138
8. Borges, J. L. (1952). **El idioma analítico de John Wilkins. Otras inquisiciones, 2**.
9. Hess, U., & Thibault, P. (2009). **Darwin and emotion expression**. *American Psychologist*, 64(2), 120
10. Berra, T. M. (2013). **Darwin and his children: his other legacy**. Oxford University Press
11. Ekman, P. (1992). **An argument for basic emotions**. *Cognition & emotion*, 6(3-4), 169-200
12. Barrett, L. F. (2017). **How emotions are made: The secret life of the brain**. Houghton Mifflin Harcourt
13. Barrett, L. F. (2012). **Emotions are real**. *Emotion*, 12(3), 413
14. Lieberman, P. (2007). **The evolution of human speech: Its anatomical and neural bases**. *Current anthropology*, 48(1), 39-66
15. Everett, D. (2017). **How language began: The story of humanity's greatest invention**. Profile Books.
16. Russell, J. A., & Mehrabian, A. (1977). **Evidence for a three-factor theory of emotions**. *Journal of research in Personality*, 11(3), 273-294
17. Plutchik, R. (1991). **The emotions**. University Press of America.
18. Rocco Di Tella et al. (2019). **'Pecados capitales'**. El Gato y la Caja
19. Peirce, C. S. (1991). **Peirce on signs: Writings on semiotic**. UNC Press Books.
20. Quine, W. V. O. (2013). **Word and object**. MIT press
21. Wittgenstein, L. (1921). **Tractatus logico-philosophicus**. Routledge.

22. Landauer, T. K., & Dumais, S. T. (1997). **A solution to Plato's problem: The latent semantic analysis theory of acquisition, induction, and representation of knowledge.** *Psychological review*, 104(2), 211.
23. Chomsky, N. (1964). **[The Development of Grammar in Child Language]: Discussion.** *Monographs of the Society for Research in Child development*, 35-42
24. Lakoff, G., & Johnson, M. (2008). **Metaphors we live by.** University of Chicago press.
25. Koenig, J. (2021). **The dictionary of obscure sorrows.** Simon and Schuster.
26. Rosaldo, R. (2004). **Grief and a Headhunter's Rage. Death, mourning, and burial: A cross-cultural reader,** 167-178.
27. Horikawa, T., Tamaki, M., Miyawaki, Y., & Kamitani, Y. (2013). **Neural decoding of visual imagery during sleep.** *Science*, 340(6132), 639-642.
28. Bar, M., & Biederman, I. (1998). **Subliminal visual priming.** *Psychological Science*, 9(6), 464-468.
29. Yang, Z., & Tong, E. M. (2010). **The effects of subliminal anger and sadness primes on agency appraisals.** *Emotion*, 10(6), 915.
30. Plutchik, R. (2001). **The nature of emotions: Human emotions have deep evolutionary roots, a fact that may explain their complexity and provide tools for clinical practice.** *American scientist*, 89(4), 344-350.
31. Scott, J. P. (1958). **Animal behavior.**
32. Goodenough, U. W. (1991). **Deception by pathogens.** *American Scientist*, 79(4), 344-355.

## Capítulo 5

1. Kanai, R., Bahrami, B., Duchaine, B., Janik, A., Banissy, M. J., & Rees, G. (2012). **Brain structure links loneliness to social perception.** *Current Biology*, 22(20), 1975-1979.
2. Uchino, B. N., Cacioppo, J. T., & Kiecolt-Glaser, J. K. (1996). **The relationship between social support and physiological processes: A review with emphasis on underlying mechanisms and implications for health.** *Psychological Bulletin*, 119, 488-531

3. McEwen, B. S., & Seeman, T. (1999). **Protective and damaging effects of mediators of stress: elaborating and testing the concepts of allostasis and allostatic load.** *Annals of the New York Academy of Sciences*, 896(1), 30-47.
4. Hawkley, L. C., Thisted, R. A., Masi, C. M., & Cacioppo, J. T. (2010). **Loneliness predicts increased blood pressure: 5-year cross-lagged analyses in middle-aged and older adults.** *Psychology and aging*, 25(1), 132.
5. Cole, S. W., Hawkley, L. C., Arevalo, J. M., Sung, C. Y., Rose, R. M., & Cacioppo, J. T. (2007). **Social regulation of gene expression in human leukocytes.** *Genome biology*, 8(9), 1-13.
6. Erzen, E., & Çikrikci, Ö. (2018). **The effect of loneliness on depression: A meta-analysis.** *International Journal of Social Psychiatry*, 64(5), 427-435.
7. Sutin, A. R., Stephan, Y., Luchetti, M., & Terracciano, A. (2020). **Loneliness and risk of dementia.** *The Journals of Gerontology: Series B*, 75(7), 1414-1422.
8. JUDITH, G. R. (1995). **Long-term survival with AIDS and the role of community.** *AIDS, identity, and community*, 2, 169.
9. Anderson, R. A. (2006). **Influenza vaccine antibody response and loneliness.** *Townsend Letter: The Examiner of Alternative Medicine*, (281), 143.
10. Cacioppo, J. T., Ernst, J. M., Burleson, M. H., McClintock, M. K., Malarkey, W. B., Hawkley, L. C., ... & Berntson, G. G. (2000). **Lonely traits and concomitant physiological processes: The MacArthur social neuroscience studies.** *International Journal of Psychophysiology*, 35(2-3), 143-154.
11. Baumeister, R. F., DeWall, C. N., Ciarocco, N. J., & Twenge, J. M. (2005). **Social exclusion impairs self-regulation.** *Journal of personality and social psychology*, 88(4), 589.
12. James's, W. (1863). **Principles of psychology.**
13. Strack, F., Martin, L. L., & Stepper, S. (1988). **Inhibiting and facilitating conditions of the human smile: a nonobtrusive test of the facial feedback hypothesis.** *Journal of personality and social psychology*, 54(5), 768.
14. Kraft, T. L., & Pressman, S. D. (2012). Grin and bear it: **The influence of manipulated facial expression on the stress response.** *Psychological science*, 23(11), 1372-1378.

15. Wagenmakers, E. J., Beek, T., Dijkhoff, L., Gronau, Q. F., Acosta, A., Adams Jr, R. B., ... & Zwaan, R. A. (2016). **Registered replication report: strack, martin, & stepper (1988)**. *Perspectives on Psychological Science*, 11(6), 917-928
16. Noah, T., Schul, Y., & Mayo, R. (2018). **When both the original study and its failed replication are correct: Feeling observed eliminates the facial-feedback effect**. *Journal of personality and social psychology*, 114(5), 657.
17. Carroll J. **The relationship between humor appreciation and perceived physical health**. *Psychol J Hum Behav*. 1990; 27:34–7
18. Rosenberg, E. L., Ekman, P., Jiang, W., Babyak, M., Coleman, R. E., Hanson, M., ... & Blumenthal, J. A. (2001). **Linkages between facial expressions of anger and transient myocardial ischemia in men with coronary artery disease**. *Emotion*, 1(2), 107.
19. Posner, M. I., & Petersen, S. E. (1990). **The attention system of the human brain**. *Annual review of neuroscience*, 13(1), 25-42.
20. Jimmy Chin (2018). **Free Solo**. Documental
21. Adolph, K. E. (2000). **Specificity of learning: Why infants fall over a veritable cliff**. *Psychological Science*, 11(4), 290-295.
22. Barss, P. (1984). **Injuries due to falling coconuts**. *The Journal of trauma*, 24(11), 990-991.
23. Chemaly, S (2019). **The power of anger in women**. TED
24. Richards, J. M., & Gross, J. J. (1999). **Composure at any cost? The cognitive consequences of emotion suppression**. *Personality and Social Psychology Bulletin*, 25(8), 1033-1044.
25. John, O. P., & Gross, J. J. (2004). **Healthy and unhealthy emotion regulation: Personality processes, individual differences, and life span development**. *Journal of personality*, 72(6), 1301-1334.
26. Méndez-Bértolo, C., Moratti, S., Toledano, R., Lopez-Sosa, F., Martínez-Alvarez, R., Mah, Y. H., ... & Strange, B. A. (2016). **A fast pathway for fear in human amygdala**. *Nature neuroscience*, 19(8), 1041-1049.
27. Gallagher, M., & Chiba, A. A. (1996). **The amygdala and emotion**. *Current opinion in neurobiology*, 6(2), 221-227.

28. Etkin, A., Egner, T., & Kalisch, R. (2011). **Emotional processing in anterior cingulate and medial prefrontal cortex.** Trends in cognitive sciences, 15(2), 85-93.
29. Ochsner, K. N., & Gross, J. J. (2005). **The cognitive control of emotion.** Trends in cognitive sciences, 9(5), 242-249
30. Dostoevsky, F. (1863). **Apuntes de invierno sobre impresiones de verano.** «*Intente no pensar en un oso polar y verá a ese maldito animal a cada minuto*»
31. Hommel, B., Pratt, J., Colzato, L., & Godijn, R. (2001). **Symbolic control of visual attention.** Psychological science, 12(5), 360-365.
32. Reuss, H., Kiesel, A., Kunde, W., & Wühr, P. (2012). **A cue from the unconscious—masked symbols prompt spatial anticipation.** Frontiers in Psychology, 3, 397.
33. Klapp, S. T. (2015). **One version of direct response priming requires automatization of the relevant associations but not awareness of the prime.** Consciousness and cognition, 34, 163-175.
34. Vigneau, M., Beaucousin, V., Hervé, P. Y., Duffau, H., Crivello, F., Houde, O., ... & Tzourio-Mazoyer, N. (2006). **Meta-analyzing left hemisphere language areas: phonology, semantics, and sentence processing.** Neuroimage, 30(4), 1414-1432.
35. Ochsner, K. N., Bunge, S. A., Gross, J. J., & Gabrieli, J. D. (2002). **Rethinking feelings: an fMRI study of the cognitive regulation of emotion.** Journal of cognitive neuroscience, 14(8), 1215-1229
36. Völlm, B. A., Taylor, A. N., Richardson, P., Corcoran, R., Stirling, J., McKie, S., ... & Elliott, R. (2006). **Neuronal correlates of theory of mind and empathy: a functional magnetic resonance imaging study in a nonverbal task.** Neuroimage, 29(1), 90-98.

## Capítulo 6

1. Norton, M. I., Mochon, D., & Ariely, D. (2012). **The IKEA effect: When labor leads to love.** Journal of consumer psychology, 22(3), 453-460.
2. Angeles, L. (2010). **Children and life satisfaction.** Journal of happiness Studies, 11(4), 523-538.

3. White, L. K., Booth, A., & Edwards, J. N. (1986). **Children and marital happiness: Why the negative correlation?**. *Journal of Family Issues*, 7(2), 131-147.
4. Cicerón. **De finibus**, I, 30, sobre Epicuro
5. Nozick, R. (2013). **The experience machine**. *Ethical Theory and Anthology*.
6. Gottman, J. M., & Levenson, R. W. (2000). **The timing of divorce: Predicting when a couple will divorce over a 14-year period**. *Journal of Marriage and Family*, 62(3), 737-745.
7. Levenson, R. W., Carstensen, L. L., & Gottman, J. M. (1993). **Long-term marriage: age, gender, and satisfaction**. *Psychology and Aging*, 8(2), 301
8. Mason, M. F., Norton, M. I., Van Horn, J. D., Wegner, D. M., Grafton, S. T., & Macrae, C. N. (2007). **Wandering minds: the default network and stimulus-independent thought**. *Science*, 315(5810), 393-395.
9. Frith, C. D. (2014). **The cognitive neuropsychology of schizophrenia**. Psychology press.
10. Killingsworth, M. A., & Gilbert, D. T. (2010). **A wandering mind is an unhappy mind**. *Science*, 330(6006), 932-932.
11. Patoilo, M. S., Berman, M. E., & Coccaro, E. F. (2021). **Emotion attribution in intermittent explosive disorder**. *Comprehensive psychiatry*, 106, 152229.
12. Neff, K. D. (2003). **The development and validation of a scale to measure self-compassion**. *Self and Identity*, 2(3), 223-250.
13. Barttfeld, P., Wicker, B., McAleer, P., Belin, P., Cojan, Y., Graziano, M., ... & Sigman, M. (2013). **Distinct patterns of functional brain connectivity correlate with objective performance and subjective beliefs**. *Proceedings of the National Academy of Sciences*, 110(28), 11577-11582.
14. Neff, K. D., Long, P., Knox, M. C., Davidson, O., Kuchar, A., Costigan, A., ... & Breines, J. G. (2018). **The forest and the trees: Examining the association of self-compassion and its positive and negative components with psychological functioning**. *Self and Identity*, 17(6), 627-645
15. Breines, J. G., Thoma, M. V., Gianferante, D., Hanlin, L., Chen, X., & Rohleder, N. (2014). **Self-compassion as a predictor of interleukin-6 response to acute psychosocial stress**. *Brain, behavior, and immunity*, 37, 109-114.

16. Leary, M. R., Tate, E. B., Adams, C. E., Batts Allen, A., & Hancock, J. (2007). **Self-compassion and reactions to unpleasant self-relevant events: the implications of treating oneself kindly.** *Journal of personality and social psychology*, 92(5), 887.
17. Kober, H., Buhle, J., Weber, J., Ochsner, K. N., & Wager, T. D. (2019). **Let it be: mindful acceptance down-regulates pain and negative emotion.** *Social cognitive and affective neuroscience*, 14(11), 1147-1158
18. Sheridan, M. A., Fox, N. A., Zeanah, C. H., McLaughlin, K. A., & Nelson, C. A. (2012). **Variation in neural development as a result of exposure to institutionalization early in childhood.** *Proceedings of the National Academy of Sciences*, 109(32), 12927-12932