



# Empathy: What it is and why it matters

*David Howe*

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## **Empathy: What it is and why it matters** David Howe

Empathy is profoundly important for understanding people's feelings and behaviour. It is not only an essential skill in conducting successful personal and working relationships, it also helps us understand what makes people moral and societies decent.

With this compelling book, David Howe invites the reader on an illuminating journey of discovery into how empathy was first conceptualised and how its influence has steadily risen and spread. He captures the growing significance of empathy to many fields, from evolutionary psychology and brain science to moral philosophy and mental health. In doing so, he eloquently explains its importance to child development, intimate relationships, therapy, the creative arts, neurology and ethics.

Written with light touch, this is an authoritative and insightful guide to empathy, its importance, why we have it and how it develops. It offers an invaluable introduction for readers everywhere, including those studying or working in psychology, counselling, psychotherapy, social work, health, nursing and education.

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