

Erratum – p.39

To create or enhance a sense of empathy	To cut off from feelings
To become calm or reduce anxiety	To elevate mood or find excitement
To gain social confidence	To switch off from company
For energy	For relaxation
To enhance memories	To help to forget
To feel more involved	To disengage emotionally
To feel less	To amplify or increase feelings
To celebrate	To mourn or as part of grieving
To stimulate thought/creativity	To quieten the mind
To experience the thrill of secrecy	To be able to speak more openly