

Armchair Expert with Dax Shepard - Ethan Kross

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Ethan Kross (Chatter) is an experimental psychologist, neuroscientist and writer, who specializes in emotion regulation. Ethan joins the Armchair Expert to discuss the usefulness of your inner voice and how to harness it. Ethan explains how important context is when triggering emotions, how negative emotions are just as vital as positive ones, and the ways language can shape our emotional experiences. Ethan discusses how having the ability to feel the way we want all the time could be problematic and tips on how to be in the past and the future without being sucked in the chatter. In the fact check, Dax & Monica discuss the Royals.