



The emotacycle - what it is, why it matters, what is to be done?

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(Published: 2019)

The article first explains the emotacycle and its four phases, then what its consequences are. Given that these are (on the whole) negative, the obvious question 'why does it persist?' is next addressed. Finally, the all-important 'What is to be Done?' question receives a response, albeit an anemic and incomplete one.

Filed under: The Bottleneck Files
Available at: <https://pile.sdfs.cz/item/94>