



### A Theory of Thrills, Sublime and Epiphany in Literature

By Nigel Fabb

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**This book offers a psychological account of thrills, of the epiphanic experience of seeing ordinary things in a profoundly new way, and of the experience of the sublime.**

A psychological explanation of goosebumps and tears, of the epiphanic experience of seeing something ordinary in a profoundly new way, and of the overwhelming perception of the sublime. These experiences found in life and literature involve a feeling of coming to know something deeply important but impossible to describe.

#### Readership

Students and scholars of literature, stylistics, cognitive poetics, and the psychology of aesthetics.

#### Key selling points

- First to treat them together: the experience of the sublime, of 'epiphany' which is generally a profound experience of something ordinary, and the feeling of 'thrills' which can be a shiver down the spine or sudden tears.
- Reviews some of the work on the sublime and epiphanies, including life-changing epiphanies, in the literary critical, philosophical and psychological literature.

#### Contents

Acknowledgements; Dedication; 1. Introduction: Strong experiences and what causes them; 2. The study of strong experiences; 3. Epistemic feelings and knowledge; 4. Arousal, emotion and strong experiences; 5. The psychological background; 6. How literature triggers strong experiences; 7. Conclusions; Bibliography; Index

#### About the Author(s) / Editor(s)

Author or co-author of eleven books on literature and linguistics.

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