

# A cognitive approach to metaphors and metonymies: A case of the emotion “xǐ” (HAPPINESS) in Chinese

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Keywords: “xǐ” (HAPPINESS); metaphors; metonymies; cross-linguistic

According to Cognitive Linguistics, human emotions of many cultures conform to certain basic biological, physiological and psychological processing inside of the human body and of the interaction with the external world. This paper analyzes Chinese metaphorical and metonymic expressions of “xǐ” (HAPPINESS) from “seven emotions and six desires” in Chinese traditional culture to demonstrate how emotions are constructed from embodied experiences in Chinese distinctive cultural settings, social system, and ways of thinking. The research confirms that underlying these metaphors and metonymies about “HAPPINESS” is indeed a plentiful store of Chinese unique social and cultural connotations. Moreover, the idea here reveals how the same perception of “HAPPINESS” are conceptualized and expressed by metaphors and metonymies of language through detailed cross-linguistic analysis.

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