

Paul Ekman is a renowned American psychologist and one of the most influential researchers in the field of emotions and facial expressions. Born on February 15, 1934, in Washington, D.C., he went on to become a pioneering figure in the study of nonverbal communication. Ekman's work primarily focuses on the universal nature of human emotions, the way emotions are expressed through facial expressions, and how these expressions can be read across different cultures.

In the 1960s, Ekman conducted groundbreaking research alongside Wallace V. Friesen, which led to the identification of six basic emotions universally expressed through facial expressions: happiness, sadness, anger, fear, surprise, and disgust. His work demonstrated that these emotional expressions are innate and not culturally learned, challenging the previously dominant theory that emotional expressions were culturally specific.

Ekman's research also led to the development of the **Facial Action Coding System (FACS)**, a comprehensive tool used to objectively measure facial movements, which has become an essential part of psychological and forensic studies. The FACS has been instrumental in understanding how emotions manifest on the face and is widely used in various fields, including psychology, anthropology, and even law enforcement to detect deception.

In addition to his work on facial expressions, Ekman made significant contributions to the study of microexpressions — brief, involuntary facial expressions that occur within a fraction of a second, revealing a person's true emotions, even if they try to conceal them. His research in this area has helped improve the understanding of how people communicate nonverbally and has led to applications in fields like law enforcement and security.

Ekman's research has been recognized worldwide, and he has received numerous awards and honors, including being named one of the 100 most influential people in the world by *TIME* magazine in 2009. Throughout his career, Ekman has written several influential books, including *Emotions Revealed* and *Telling Lies*, which are widely regarded as essential reading for anyone interested in psychology and human behavior.

In his later years, Paul Ekman has continued to be an active researcher, speaker, and consultant, particularly in the areas of emotional recognition and the application of his findings in various professional contexts. His work has had a profound impact not only on psychology but also on areas like law, medicine, and even the entertainment industry, where understanding human emotions is crucial.

Through his extensive research, Paul Ekman has revolutionized our understanding of the relationship between emotions and facial expressions, leaving a lasting legacy in the field of psychology and human behaviour.