

The regulation of emotion

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Abstrak

"The Regulation of Emotion presents contemporary perspectives on emotion regulation. From neuro-biological to cultural processes, it includes empirically grounded work and theories that are central to our understanding of the processes that constitute emotion regulation and their consequences. It highlights several newer sub-areas, including the relationship between psychopathology and emotion regulation. This interdisciplinary, international volume also presents data and theory that have applied value that may be useful for people working in such fields as communication, psychotherapy, and counseling."--BOOK JACKET.