

Handbook Of Emotion Regulation

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Gross presents exciting theories, methodological approaches, and applications for clinical intervention. Not only is the Handbook the go-to volume for the latest in emotion regulation, but it also will serve as a useful resource for clinicians, with sections on psychopathology, interventions, and health. The writing is uniformly very good, making this the kind of book that people will find themselves reading more of than perhaps they originally intended."--Ann M. Kring, PhD, Department of ...

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A suitable primary or secondary text for a seminar on emotion regulation, this volume is likely to become a classic in the field." - Susan Nolen-Hoeksema, Department of Psychology, Yale University, USA "The Handbook of Emotion Regulation is a Handbook in the finest sense—it is comprehensive, scholarly, interesting, and current. Its scope is impressive, moving from theory to clinical application, from cellular to societal levels of analysis, and across the lifespan from childhood to old age.

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emotion regulation are so widely dispersed across a number of disciplines. I hope, in this volume, to bring some clarity to the topic. The goals of this handbook are (1) to facilitate cumulative science by integrating developmental and adult literatures on emotion regulation, and by bridging the gap

HANDBOOK OF EMOTION REGULATION

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Emotion regulation is the process responsible for checking, assessing and altering expressive responses mainly their severe and successive structures, to complete the objectives. (Giombini, 2015;...

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Emotion regulation refers to shaping which emotions one has, when one has them, and how one experiences or expresses these emotions (Gross, 1998b). Thus, emotion regulation is concerned with how emotions themselves are regulated (regulation

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Gross' Handbook of Emotion Regulation is an important resource to those who are interested in learning about adaptive (and maladaptive) ways to regulate emotions in both the self and in others. Furthermore, it is a must-read for anyone who wishes to gain a deep and comprehensive understanding of the field, as it is explored from a scientific perspective.

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Handbook of emotion regulation edited by James J. Gross. "Reviewing the state of the science in a dynamic, thriving field, this influential handbook integrates knowledge from multiple psychological subdisciplines.

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This authoritative volume provides a comprehensive road map of the important and rapidly growing field of emotion regulation. Each of the 30 chapters in this handbook reviews the current state of knowledge on the topic at hand, describes salient research methods, and identifies promising directions for future investigation.

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This superbly edited handbook offers both a framework and a comprehensive overview of the process of emotion regulation. It explores biological, cognitive, social, and developmental aspects, as well as implications for psychopathology, health, and intervention.

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Successful emotion regulation (ER) is a central aspect of psychosocial functioning and mental health and is thought to improve and be refined in adolescence. Past research on ER has mainly focused...