

## Handbook Of Emotion Regulation Second Edition

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Emotion Regulation. What causes emotional reactions and how can we modify them? **An Introduction to Emotional Experience and Emotion Regulation (Compilation Video N°4)** Emotional Regulation and ASD - C Mazefsky, Ph.D. **Alfred Shadow - A short story about emotions (education psychology health animation) DBT Skills: Wise Mind, Emotional Mind** **Reasonable Mind**

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The second core feature of emotion has to do with its. multifaceted nature. Emotions are whole-body phenomena that involve loosely coupled changes in the domains of subjective experience, behavior, and central and peripheral physiology (Mauss, Leven son, McCarter, Wilhelm, & Gross, 2005).

**Sample Chapter: Handbook of Emotion Regulation, Second Edition**  
The second section considers biological bases of emotion regulation, with chapters that draw on lesion and activation studies in rats and primates, neuropsychological studies, brain imaging studies, and imaging genetics.

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Reviewing the state of the science in a dynamic, thriving field, this influential handbook integrates knowledge from multiple psychological subdisciplines. Foremost experts address the neurobiological and cognitive bases of emotion regulation and examine how individuals develop and use regulatory strategies across the lifespan.

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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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Copyright notice. James J. Gross, PhD, the editor of the book entitled Handbook of emotion regulation(second edition) is Professor of Psychology at Stanford University and Director of the Stanford Psychophysiology Laboratory. He is a leading scholar in the field of emotion and emotion regulation. His seminal work and theory, the process model of emotion regulation has been adapted by many other scholars in this field and provided a basic background for empirical studies.

**Book Reviews**  
The second edition of the Handbook will serve to guide and further energize this dynamic field."--Paul L. Harris, DPhil, Harvard Graduate School of Education, "Gross recruited an impressive array of authors who are well-known for making contributions to the study of affect and emotion....Ideal for graduate courses or seminars on emotion regulation."--

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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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