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The study of emotion regulation has impacted numerous subfields of psychology including developmental, organizational, social, cognitive, neurobiological, and health investigations (see Gross, 2014).

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The Modal Model of Emotion These core features constitute what has been referred to as the modal model of emotion—so called because these features

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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.

### **Handbook of Emotion Regulation, First Edition by James J**

The contributors--who are the foremost experts in the field--address vital questions about the neurobiological and cognitive bases of emotion regulation, how we develop and use regulatory strategies across the lifespan, individual differences in emotion regulation, social psychological approaches, and implications for psychopathology, clinical ...

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