

Handbook of **EMOTION REGULATION**

SECOND EDITION

Edited by

James J. Gross



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Handbook Of Emotion Regulation

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Handbook of Emotion Regulation James J. Gross (Professor of psychology), James J. Gross, 2014 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 The social context of emotion regulation is explored as are personality processes and individual differences Critical implications are discussed for psychopathology psychosocial interventions and health Including helpful cross referencing among chapters the volume describes cutting edge methods and identifies promising directions for future investigation As a special bonus purchasers of the second edition can download a supplemental e book featuring several notable highly cited chapters from the first edition New to This Edition Incorporates significant scientific advances and many new topics Greatly expanded coverage of clinical issues and applications Chapters on neural systems delay of gratification decision making and health Chapters on adolescence social baseline theory and desire regulation plus more Supplemental e book featuring selected chapters from the prior edition

Handbook of Emotion Regulation James J. Gross, Brett Q. Ford, 2024-02 This definitive handbook is now in an extensively revised third edition with many all new chapters and new topics Leading authorities present cutting edge knowledge about how and why people try to regulate their emotions the consequences of different regulatory strategies and interventions to enhance this key area of functioning The biological cognitive developmental and social bases of emotion regulation are explored The volume identifies critical implications of emotion regulation for mental and physical health psychopathology educational achievement prosocial behavior and other domains Clinical and nonclinical interventions are critically reviewed and state of the art measurement approaches described New to This Edition Broader coverage to bring readers up to speed on the ever growing literature features 71 concise chapters compared to 36 in the prior edition Reflects a decade of continuing rapid advances in theory and research methods New sections on emotion regulation in groups and collectives specific emotion regulation processes nonclinical interventions and emotion regulation across disciplines Increased attention to the role of emotion regulation in culture and broader societal issues

Handbook of Emotion Regulation James J. Gross, 2009
Handbook of Emotions, Third Edition Michael Lewis, Jeannette M. Haviland-Jones, Lisa Feldman Barrett, 2008-04-17 Widely regarded as the standard reference in the field this handbook comprehensively examines all aspects of emotion and its role in human behavior The editors and contributors are foremost authorities who describe major theories findings methods and applications The volume addresses the interface of emotional processes with biology child development social behavior personality cognition and physical and mental health Also presented are state of the science perspectives on fear anger shame disgust positive emotions sadness and other distinct emotions Illustrations include seven color plates

Handbook of Emotion Regulation at Work James M. Diefendorff, Karen Niven, Rebecca J. Erickson, Nai-Wen

Chi,2025-11-28 In this cutting edge Handbook leading authors provide a broad overview of what emotion regulation is who uses it and where and how it can be studied Multidisciplinary in scope chapters move beyond the traditional perspective of emotion regulation at work as service with a smile to consider how it manifests in various professional settings Including discussions of its application to leadership teamwork and a variety of specific occupations the Handbook illustrates how employees regulate others emotions as well as their own The contributing authors recognize the structural forces that shape emotion regulation encompassing social norms fairness power and status and underscore the importance of the interplay between intra and interpersonal aspects of emotion management Analyzing how gender race age and national culture shape emotions and emotion regulation at work chapters explore the interface of sociological psychological and management concepts in shaping individual and interpersonal effectiveness and well being at work Ultimately the Handbook maps out an agenda for potential future opportunities and challenges in the study of emotion regulation at work The Handbook of Emotion Regulation at Work is a vital resource for scholars and students of work psychology sociology and organizational behavior Professionals in human resource management will also benefit from its practical and theoretical insights

Handbook of Emotion Regulation James J. Gross (Ph. D.),2007 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 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 tendencies social psychological approaches and implications for psychopathology clinical interventions and health

Handbook of Emotions Michael Lewis,Jeannette M. Haviland-Jones,Lisa Feldman Barrett,2010-11-03 Widely regarded as the standard reference in the field this handbook comprehensively examines all aspects of emotion and its role in human behavior The editors and contributors are foremost authorities who describe major theories findings methods and applications The volume addresses the interface of emotional processes with biology child development social behavior personality cognition and physical and mental health Also presented are state of the science perspectives on fear anger shame disgust positive emotions sadness and other distinct emotions Illustrations include seven color plates

Handbook of Self-Regulation Kathleen D. Vohs,Roy F. Baumeister,2016-06-01 From leading authorities this significantly revised and expanded handbook is a highly regarded reference in a rapidly growing field It thoroughly examines the conscious and unconscious processes by which people manage their behavior and emotions control impulses and strive toward desired goals Chapters explore such vital issues as why certain individuals have better self control than others how self regulation shapes and is shaped by social relationships underlying brain mechanisms and developmental pathways and which interventions can improve people s self control The volume also addresses self regulatory failures and their

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developmental pathways The volume reviews how self regulation shapes and is shaped by social relationships Failures of self regulation are also addressed in chapters on addictions overeating compulsive spending and attention deficit hyperactivity disorder Wherever possible contributors identify implications of the research for helping people enhance their self regulatory capacities and pursue desired goals

International Handbook of Emotions in Education Reinhard Pekrun, Lisa Linnenbrink-Garcia, 2014-04-16 For more than a decade there has been growing interest and research on the pivotal role of emotions in educational settings This ground breaking handbook is the first to highlight this emerging field of research and to describe in detail the ways in which emotions affect learning and instruction in the classroom as well as students and teachers development and well being Informed by research from a number of related fields the handbook includes four sections Section I focuses on fundamental principles of emotion including the interplay among emotion cognition and motivation the regulation of emotion and emotional intelligence Section II examines emotions and emotion regulation in classroom settings addressing specific emotions enjoyment interest curiosity pride anxiety confusion shame and boredom as well as social emotional learning programs Section III highlights research on emotions in academic content domains mathematics science and reading writing contextual factors classroom family and culture and teacher emotions The final section examines the various methodological approaches to studying emotions in educational settings With work from leading international experts across disciplines this book synthesizes the latest research on emotions in education

Handbook of Emotions Lisa Feldman Barrett, Michael Lewis, Jeannette M. Haviland-Jones, 2018-03-20 Recognized as the definitive reference this handbook brings together leading experts from multiple psychological subdisciplines to examine one of today s most dynamic areas of research Coverage encompasses the biological and neuroscientific underpinnings of emotions as well as developmental social and personality cognitive and clinical perspectives The volume probes how people understand experience express and perceive affective phenomena and explores connections to behavior and health across the lifespan Concluding chapters present cutting edge work on a range of specific emotions Illustrations include 10 color plates New to This Edition Chapters on the mechanisms processes and influences that contribute to emotions such as genetics the brain neuroendocrine processes language the senses of taste and smell Chapters on emotion in adolescence and older age and in neurodegenerative dementias Chapters on facial expressions and emotional body language Chapters on stress health gratitude love and empathy Many new authors and topics extensively revised with the latest theoretical and methodological innovations A Choice Outstanding Academic Title

Handbook of Emotional Development Vanessa LoBue, Koral Pérez-Edgar, Kristin A. Buss, 2019-07-04 This handbook offers a comprehensive review of the research on emotional development It examines research on individual emotions including happiness anger sadness fear and disgust as well as self conscious and pro social emotions Chapters describe theoretical and biological foundations and address the roles of cognition and context on emotional development In addition chapters discuss issues concerning atypical emotional

development such as anxiety depression developmental disorders maltreatment and deprivation The handbook concludes with important directions for the future research of emotional development Topics featured in this handbook include The physiology and neuroscience of emotions Perception and expression of emotional faces Prosocial and moral emotions The interplay of emotion and cognition The effects of maltreatment on children s emotional development Potentialemotional problems that result from early deprivation The Handbook of Emotional Development is an essential resource for researchers clinicians professionals and graduate students in child and school psychology social work public health child and adolescent psychiatry pediatrics and related disciplines

Handbook of Cognition and Emotion Michael D. Robinson,Edward R. Watkins,Eddie Harmon-Jones,2013-03-29 Comprehensively examining the relationship between cognition and emotion this authoritative handbook brings together leading investigators from multiple psychological subdisciplines Biological underpinnings of the cognition emotion interface are reviewed including the role of neurotransmitters and hormones Contributors explore how key cognitive processes such as attention learning and memory shape emotional phenomena and vice versa Individual differences in areas where cognition and emotion interact such as agreeableness and emotional intelligence are addressed The volume also analyzes the roles of cognition and emotion in anxiety depression borderline personality disorder and other psychological disorders

Emotion, Motivation, and Self-Regulation Nathan C. Hall,Thomas Goetz,2013-07-01 This handbook is a user friendly resource for pre service and new practicing teachers outlining theoretical models and empirical research findings concerning the nature and effects of emotions motivation and self regulated learning for students and teachers alike

Handbook of Personality Oliver P. John,Richard W. Robins,Lawrence A. Pervin,2010-11-24 This authoritative handbook is the reference of choice for researchers and students of personality Leading authorities describe the most important theoretical approaches in personality and review the state of the science in five broad content areas biological bases development self and social processes cognitive and motivational processes and emotion adjustment and health Within each area chapters present innovative ideas findings research designs and measurement approaches Areas of integration and consensus are discussed as are key questions and controversies still facing the field

Handbook of Mindfulness and Self-Regulation Brian D. Ostafin,Michael D. Robinson,Brian P. Meier,2015-10-12 This empirically robust resource examines multiple ways mindfulness can be harnessed to support self regulation in part as a real world component of therapy Its authoritative coverage approaches complex mind brain connections from neuroscience cognitive personality social clinical and Buddhist perspectives both within and outside traditional meditation practice In domains such as letting go of harmful habits and addictions dealing with depression and anxiety regulating emotions and training cognitive function contributors show how mindfulness based interventions encourage and inspire change In addition to scientific coverage experts translate their methods and findings on mindfulness mechanisms in terms that are accessible to students and clinicians Included in the Handbook Mindfulness and its role in

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Heralding a new era of mind brain research and deftly explaining our enduring fascination with mindfulness in the process the Handbook of Mindfulness and Self Regulation will enhance the work of scholars and practitioners

Handbook of Educational Psychology Paul A. Schutz, Krista R. Muis, 2023-10-27
The fourth edition of the Handbook of Educational Psychology sponsored by Division 15 of the American Psychological Association addresses new developments in educational psychology theory and research methods while honoring the legacy of the field s past
Comprising 31 chapters written by a diverse group of recognized Educational Psychologist and or Learning and Motivational Scientist EDP LMS scholars this volume provides integrative reviews and critical syntheses of inquiry across a variety of foundational and new areas
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