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Sommario/riassunto

The main goal of this volume is to present, in an integrated framework, the newest, most contemporary perspectives on emotion regulation. The book includes empirically-grounded work and theories that are central to our understanding of the processes that constitute emotion regulation and their consequences. This volume has several secondary aims, as well. One is to highlight several newer subareas in the domain of emotion regulation that hold much promise, such as the relationship between psychopathology and emotion regulation. The book also presents data and theory that have applied
