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Sommario/riassunto	This state-of-the-art volume synthesizes the growing body of knowledge on the role of distress tolerance-the ability to withstand aversive internal states such as negative emotions and uncomfortable bodily sensations-in psychopathology. Prominent contributors describe how the construct has been conceptualized and measured and examine its links to a range of specific psychological disorders. Exemplary treatment approaches that target distress tolerance are reviewed. Featuring compelling clinical illustrations, the book highlights implications of the research for better understanding how psyc