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Sommario/riassunto	This textbook is written for teachers, practitioners, and researchers, who are interested in developing their knowledge about emotions and learning about ways of helping their learners to cultivate positive and cope with negative emotions. The book covers the topics of emotions, emotion regulation, strategies, and instruction. Each topic is discussed in the subsequent chapters, beginning with a concise summary of theories and research in the fields of psychology, education, and language learning. This is followed by its practical applications in the classroom, with suggestions and ideas based on research as well as reports from teachers in a wide range of contexts. Teachers' vignettes give readers an opportunity to compare their experiences with others.

A practical guide with detailed steps for implementing strategy instruction in emotion regulation is provided at the end.
