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During the last decade, the study of emotional self-regulation has blossomed in a variety of sub-disciplines belonging to either psychology (developmental, clinical) or the neurosciences (cognitive and affective). Consciousness, Emotional Self-Regulation and the Brain gives an overview of the current state of this relatively new scientific field. Several areas are examined by some of the leading theorists and researchers in this emerging domain. Most chapters seek to either present theoretical and developmental perspectives about emotional self-regulation (and dysregulation), provide cutting edge information with regard to the neural basis of conscious emotional experience and emotional self-regulation, or expound theoretical models susceptible of explaining how healthy individuals are capable of consciously and voluntarily changing the neural activity underlying emotional processes and states. In addition, a few chapters consider the capacity of human consciousness to volitionally influence the brain's electrical activity or modulate the impact of emotions on the psychoneuroendocrine-immune network. This book will undoubtedly be useful to scholars and graduate students interested in the relationships between self-consciousness, emotion, the brain, and the body. (Series B).
