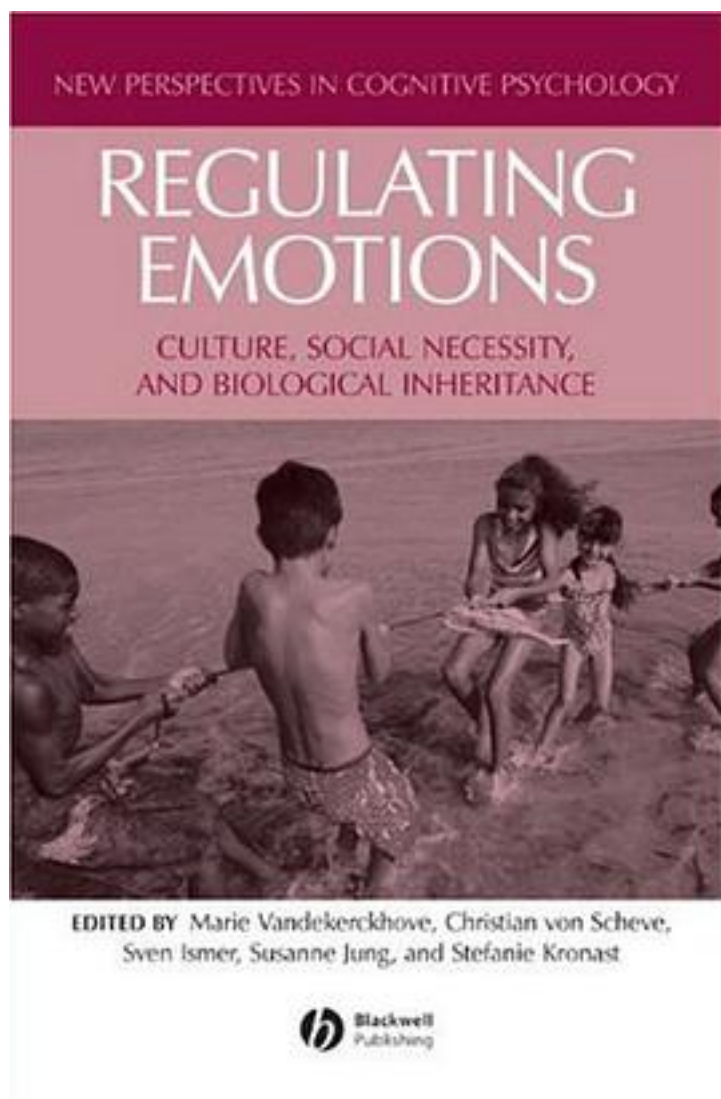


Regulating Emotions



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出版者:

出版时间:2008-3

装帧:

isbn:9781405158633

Regulating Emotions: Culture, Social Necessity, and Biological Inheritance brings together distinguished scholars from disciplines as diverse as psychology, sociology, anthropology, neuroscience, and psychotherapy to examine the science of regulating emotions. Contains 13 original articles written in an accessible style Examines how social and cultural aspects of emotion regulation interact with regulatory processes on the biological and psychological level Highlights the role of social and cultural requirements in the adaptive regulation of emotion Will stimulate further theorizing and research across many disciplines and will be essential reading for students, researchers, and scholars in the field

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