



Emotion Regulation

Ivan Nyklíček, Ad Vingerhoets, Marcel Zeelenberg

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An increasing number of studies have been conducted on the role of expression and regulation of emotion in health. Emotion Regulation addresses the question of these studies from diverse angles while encompassing conceptual, developmental, and clinical issues. Central concepts discussed in this volume that are related to health include: coping styles and aggression, alexithymia, emotional intelligence, emotional expression and depression, emotional expression and anxiety disorders, in addition to the emotional competence in children.

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