Emotions are vital components in the development of social relationships, the coordination of social interaction, and the enforcement of social norms, as well as an important part of individual cognitive, physiological, and behavioral functions. As such, emotion is one of the most prominent areas of inquiry in the social and behavioral sciences today. 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.

With 13 original articles written by renowned experts in the field, this volume examines how social and cultural aspects of emotion regulation interact with regulatory processes on the biological and psychological level. Written in an accessible style, this volume 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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