Contents

I. FOUNDATIONS

1. Emotion Regulation: Conceptual Foundations
   James J. Gross and Ross A. Thompson

II. BIOLOGICAL BASES

2. Prefrontal–Amygdala Interactions in the Regulation of Fear
   Gregory J. Quirk

3. Neural Bases of Emotion Regulation in Nonhuman Primates and Humans
   Richard J. Davidson, Andrew Fox, and Ned H. Kalin

4. Insights into Emotion Regulation from Neuropsychology
   Jennifer S. Beer and Michael V. Lombardo

5. The Neural Architecture of Emotion Regulation
   Kevin N. Ochsner and James J. Gross

6. Genetics of Emotion Regulation
   Ahmad R. Hariri and Erika E. Forbes

III. COGNITIVE FOUNDATIONS

7. Executive Function: Mechanisms Underlying Emotion Regulation
   Philip David Zelazo and William A. Cunningham

8. Explanatory Style and Emotion Regulation
   Christopher Peterson and Nansook Park

9. Affect Regulation and Affective Forecasting
   George Loewenstein

xv
Samuel M. McClure, Matthew M. Botvinick, Nick Young, Joshua D. Greene, and Jonathan D. Cohen

IV. DEVELOPMENTAL APPROACHES

11. Caregiver Influences on Emerging Emotion Regulation:
Biological and Environmental Transactions in Early Development
Susan D. Calkins and Ashley Hill

12. Socialization of Emotion Regulation in the Family
Ross A. Thompson and Sara Meyer

13. Awareness and Regulation of Emotion in Typical and Atypical Development
Hedy Stegge and Mark Meerum Terwogt

14. Effortful Control and Its Socioemotional Consequences
Nancy Eisenberg, Claire Hofer, and Julie Vaughan

15. Emotion Regulation and Aging
Susan Turk Charles and Laura L. Carstensen

V. PERSONALITY PROCESSES AND INDIVIDUAL DIFFERENCES

16. Temperament and Emotion Regulation
Mary K. Rothbart and Brad E. Sheese

17. Individual Differences in Emotion Regulation
Oliver P. John and James J. Gross

Drew Westen and Pavel S. Blagov

19. Intelligent Emotion Regulation: Is Knowledge Power?
Tanja Wranik, Lisa Feldman Barrett, and Peter Salovey

20. How Emotions Facilitate and Impair Self-Regulation
Roy F. Baumeister, Anne L. Zell, and Dianne M. Tice

VI. SOCIAL APPROACHES

21. The Nonconscious Regulation of Emotion
John A. Bargh and Lawrence E. Williams

22. Adult Attachment Strategies and the Regulation of Emotion
Phillip R. Shaver and Mario Mikulincer

23. Interpersonal Emotion Regulation
Bernard Rimé
### Contents

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>24.</td>
<td>The Cultural Regulation of Emotions</td>
<td>486</td>
</tr>
<tr>
<td>Batja Mesquita and Dustin Albert</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25.</td>
<td>Emotion Regulation and Religion</td>
<td>504</td>
</tr>
<tr>
<td>Fraser Watts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**VII. CLINICAL APPLICATIONS**

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>26.</td>
<td>Emotion Regulation and Externalizing Disorders in Children and Adolescents</td>
<td>523</td>
</tr>
<tr>
<td>Benjamin C. Mullin and Stephen P. Hinshaw</td>
<td></td>
<td></td>
</tr>
<tr>
<td>27.</td>
<td>Incorporating Emotion Regulation into Conceptualizations and Treatments of Anxiety and Mood Disorders</td>
<td>542</td>
</tr>
<tr>
<td>Laura Campbell-Sills and David H. Barlow</td>
<td></td>
<td></td>
</tr>
<tr>
<td>28.</td>
<td>Alcohol and Affect Regulation</td>
<td>560</td>
</tr>
<tr>
<td>Kenneth J. Sher and Emily R. Grekin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>29.</td>
<td>Dialectical Behavior Therapy for Pervasive Emotion Dysregulation: Theoretical and Practical Underpinnings</td>
<td>581</td>
</tr>
<tr>
<td>Marsha M. Linehan, Martin Bohus, and Thomas R. Lynch</td>
<td></td>
<td></td>
</tr>
<tr>
<td>30.</td>
<td>Stress, Stress-Related Disease, and Emotional Regulation</td>
<td>606</td>
</tr>
<tr>
<td>Robert M. Sapolsky</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Author Index 616

Subject Index 638