Foundations
Emotion Regulation: Conceptual Foundations p. 3

Biological Bases
Prefrontal-Amygdala Interactions in the Regulation of Fear p. 27
Neural Bases of Emotion Regulation in Nonhuman Primates and Humans p. 47
Insights into Emotion Regulation from Neuropsychology p. 69
The Neural Architecture of Emotion Regulation p. 87
Genetics of Emotion Regulation p. 110

Cognitive Foundations
Executive Function: Mechanisms Underlying Emotion Regulation p. 135
Explanatory Style and Emotion Regulation p. 159
Affect Regulation and Affective Forecasting p. 180
Conflict Monitoring in Cognition-Emotion Competition p. 204

Developmental Approaches
Caregiver Influences on Emerging Emotion Regulation: Biological and Environmental Transactions in Early Development p. 229
Socialization of Emotion Regulation in the Family p. 249
Awareness and Regulation of Emotion in Typical and Atypical Development p. 269
Effortful Control and Its Socioemotional Consequences p. 287
Emotion Regulation and Aging p. 307

Personality Processes and Individual Differences
Temperament and Emotion Regulation p. 331
Individual Differences in Emotion Regulation p. 351
A Clinical-Empirical Model of Emotion Regulation: From Defense and Motivated Reasoning to Emotional Constraint Satisfaction p. 373
Intelligent Emotion Regulation: Is Knowledge Power? p. 393
How Emotions Facilitate and Impair Self-Regulation p. 408

Social Approaches
The Nonconscious Regulation of Emotion p. 429
Adult Attachment Strategies and the Regulation of Emotion p. 446
Interpersonal Emotion Regulation p. 466
The Cultural Regulation of Emotions p. 486
Emotion Regulation and Religion p. 504

Clinical Applications
Emotion Regulation and Externalizing Disorders in Children and Adolescents p. 523
Incorporating Emotion Regulation into Conceptualizations and Treatments of Anxiety and Mood Disorders p. 542
Alcohol and Affect Regulation p. 560
Dialectical Behavior Therapy for Pervasive Emotion Dysregulation: Theoretical and Practical Underpinnings p. 581
Stress, Stress-Related Disease, and Emotional Regulation p. 606

Author Index p. 616
Subject Index p. 638