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Gross' Handbook of Emotion Regulation is an important resource to those who are interested in learning about adaptive (and maladaptive) ways to regulate emotions in both the self and in others. Furthermore, it is a must-read for anyone who wishes to gain a deep and comprehensive understanding of the field, as it is explored from a scientific perspective.

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Copyright notice. James J. Gross, PhD, the editor of the book entitled Handbook of emotion regulation(second edition) is Professor of Psychology at Stanford University and Director of the Stanford Psychophysiology Laboratory. He is a leading scholar in the field of emotion and emotion regulation. His seminal work and theory, the process model of emotion regulation has been adapted by many other scholars in this field and provided a basic background for empirical studies.

### **Book Reviews**

The second edition of the Handbook will serve to guide and further energize this dynamic field."--Paul L. Harris, DPhil, Harvard Graduate School of Education, "Gross recruited an impressive array of authors who are well-known for making contributions to the study of affect and emotion....Ideal for graduate courses or seminars on emotion regulation."--

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