



Changing Emotions

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The question ‘how far can emotions be changed?’ lies at the heart of innumerable psychological interventions. Although often viewed as static, changes in the intensity, quality, and complexity of emotion can occur from moment to moment, and also over longer periods of time, often as a result of developmental, social or cultural factors.

Changing Emotions highlights several recent developments in this intriguing domain, and provides a comprehensive guide for understanding how and why emotions change. The chapters are organized into five parts:

- ?Lifespan Perspective
- ?Learning Perspective
- ?Social-Cultural Perspective
- ?Emotional-Dynamics Perspective
- ?Intervention Perspective.

In each chapter an internationally renowned scholar presents a concise review of key findings from their own research perspective. The book will be of great interest to researchers in the area of emotion and emotion regulation as well as related fields such as developmental psychology, educational psychology, social, clinical psychology and psychotherapy. It may also be of interest to sociologists, philosophers, and economists interested in learning more about emotions.

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