



Psychology of Self-Regulation: Cognitive, Affective, and Motivational Processes (Sydney Symposium of Social Psychology)

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The ability to regulate and control our behaviors is a key accomplishment of the human species, yet the psychological mechanisms involved in self-regulation remain incompletely understood. This book presents contributions from leading international researchers who survey the most recent developments in this fascinating area. The chapters shed new light on the subtle and often subconscious ways that the people seek to regulate their thoughts, feelings and behaviors in everyday social life. The contributions seek answers to such intriguing questions as: How can we improve our ability to control our actions? How do people make decisions about which goals to pursue? How do we maintain and manage goal-oriented behavior? What happens when we run out of self-regulation resources? Can we match people and the regulatory demands of to specific tasks so as to optimize performance? What role does self-regulation play in sports performance, in maintaining successful relationships, and in managing work situations?

The book offers a highly integrated and representative coverage of this important field, and is suitable as a core textbook in advanced courses dealing with social behavior and the applications of psychology to real-life problems.

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