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Titolo	Handbook of Biobehavioral Approaches to Self-Regulation / / edited by Guido H.E. Gendolla, Mattie Tops, Sander L. Koole
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part I: Integrative Perspectives: Introduction: Grounding Self-Regulation in the Brain and Body -- An evolving view of the structure of self-regulation -- Self-regulation in an evolutionary perspective -- Self-regulatory strength: neural mechanisms and implications for training -- The muscle metaphor in self-regulation in the light of current theorizing on muscle physiology -- Protective inhibition of self-regulation and motivation: extending a classic Pavlovian principle to social and personality functioning -- Part II: Interactions between Affect and Cognition in Self-Regulation: Affective modulation of cognitive control: A biobehavioral perspective -- Error monitoring under negative affect: A window into maladaptive self-regulation processes -- External signals of metacognitive control -- From distraction to mindfulness: Psychological and neural mechanisms of attention strategies in self-

regulation -- Part III: The Central Nervous System and Self-Regulation: From the reward circuit to the valuation system: How the brain motivates the behavior -- Neural foundations of motivational orientations -- Motus moderari: A neuroscience-informed model for self-regulation of emotion and motivation -- More than the medial prefrontal cortex (MPFC): New advances in understanding the neural foundations of self-insight -- Self-regulation in social decision-making: A neurobiological perspective -- Part IV: Self-Regulation: Mental effort: Brain and autonomic correlates in health and disease -- Psychobiology of perceived effort during physical tasks -- Bounded effort automaticity: A drama in four parts -- The intensity of behavioral restraint: Determinants and cardiovascular correlates -- Self-striving: How self-focused attention affects effort-related cardiovascular activity -- Future thought and the self-regulation of energization -- Part V: Self-Regulatory Problems and Their Development: Depression and self-regulation: A motivational analysis and insights from effort-related cardiovascular reactivity -- Perinatal developmental origins of self-regulation -- Self-regulation through rumination: Consequences and mechanisms -- Biological aspects of self-esteem and stress -- A basic and applied model of the body-mind system.

Sommario/riassunto

How can people master their own thoughts, feelings, and actions? This question is central to the scientific study of self-regulation. The behavioral side of self-regulation has been extensively investigated over the last decades, but the biological machinery that allows people to self-regulate has mostly remained vague and unspecified. Handbook of Biobehavioral Approaches to Self-Regulation corrects this imbalance. Moving beyond traditional mind-body dualities, the various contributions in the book examine how self-regulation becomes established in cardiovascular, hormonal, and central nervous systems. Particular attention is given to the dynamic interplay between affect and cognition in self-regulation. The book also addresses the psychobiology of effort, the impact of depression on self-regulation, the development of self-regulation, and the question what causes self-regulation to succeed or fail. These novel perspectives provide readers with a new, biologically informed understanding of self-awareness and self-agency. Among the topics being covered are: Self-regulation in an evolutionary perspective. The muscle metaphor in self-regulation in the light of current theorizing on muscle physiology. From distraction to mindfulness: psychological and neural mechanisms of attention strategies in self-regulation. Self-regulation in social decision-making: a neurobiological perspective. Mental effort: brain and autonomic correlates in health and disease. A basic and applied model of the body-mind system. Handbook of Biobehavioral Approaches to Self-Regulation provides a wealth of theoretical insights into self-regulation, with great potential for future applications for improving self-regulation in everyday life settings, including education, work, health, and interpersonal relationships. The book highlights a host of exciting new ideas and directions and is sure to provoke a great deal of thought and discussion among researchers, practitioners, and graduate-level students in psychology, education, neuroscience, medicine, and behavioral economics.