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Altri autori (Persone)	BoekaertsMonique PintrichPaul R ZeiderMoshe
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Nota di contenuto	Front Cover; Handbook of Self-Regulation; Copyright Page; Contents; Foreword; About the Editors; Contributors; Chapter 1. Self-Regulation: An Introductory Overview; Part I: General Theories and Models of Self-Regulation; Chapter 2. Attaining Self-Regulation: A Social Cognitive Perspective; I. Introduction; II. The Structure of Self-Regulatory Systems; III. Social and Environmental Influences on Self-Regulation; IV. Dysfunctions in Self-Regulation; V. Development of Self-Regulatory Skill; VI. Future Research Directions; VII. A Concluding Comment; References Chapter 3. On the Structure of Behavioral Self-RegulationI. Behavior Is Goal Directed and Feedback Controlled; II. Hierarchicality among Goals; III. Feedback Control and Creation of Affect; IV. Confidence and Doubt, Persistence and Giving Up; V. Dynamic Systems and Human Behavior; VI. Catastrophe Theory; VII. Concluding Comment; References; Chapter 4. Aspects of Goal Networks: Implications for Self-Regulation; I. A Structural Analysis of Goal Networks; II. Self-Regulatory Consequences of Goal Network Structure; III. Individual Differences in the Structure of

## Goals and Means

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VIII. Applications of Intentional Systemic Mindfulness to Self-Regulation Techniques

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### Sommario/riassunto

The Handbook of Self-Regulation represents state-of-the-art coverage of the latest theory, research, and developments in applications of self-regulation research. Chapters are of interest to psychologists interested in the development and operation of self-regulation as well as applications to health, organizational, clinical, and educational psychology. This book pulls together theory, research, and applications in the self-regulation domain and provides broad coverage of conceptual, methodological, and treatment issues. In view of the burgeoning interest and massive research on var

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