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Sommario/riassunto

Self-regulation and autonomy have emerged as key predictors of health and well-being in several areas of psychology. This timely volume brings together eminent scholars at the forefront of this research, which is taking place in disciplines including developmental psychology, developmental neuroscience, social psychology and educational psychology. The contributors present ideas and research findings on the development of self-regulation and autonomy, including their biological bases, antecedents and consequences. Editors Bryan W. Sokol, Frederick M. E. Grouzet and Ulrich Muller have shaped the volume's multidisciplinary perspective on self-regulation and autonomy to reflect the legacy of Jean Piaget, the trailblazing developmental psychologist whose work drew on a diverse body of research.
