Record Nr. UNINA9910817754603321 On building, defending, and regulating the self: a psychological **Titolo** perspective / / edited by Abraham Tesser, Joanne V. Wood, Diederik A. Stapel New York, : Psychology Press, 2005 Pubbl/distr/stampa **ISBN** 1-135-42386-5 1-135-42387-3 1-280-11366-9 0-203-99805-7 Edizione [1st ed.] Descrizione fisica 1 online resource (313 p.) Altri autori (Persone) TesserAbraham WoodJoanne V StapelDiederik A Disciplina 155.2/5 Soggetti Self Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali Nota di bibliografia Includes bibliographical references and indexes.

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## Sommario/riassunto

This volume pulls together research on several aspects of the self. One set of chapters deals with the importance of building a self based on authenticity and ""Who I really am.""; a second group deals with the ways in which we defend views of the self as positive and powerful; a third group is concerned with multiple aspects of self regulation. Each of the chapters is a well-written, non-technical description of an important, currently active research program.