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Handbook of Biobehavioral Approaches to Self-Regulation (Hardback)

By -

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English . Brand New Book. 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...

Reviews

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