



## Handbook of Self-Regulation

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# Handbook of Self-Regulation

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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 various aspects of self-regulation, the time seems ripe for this **Handbook**, aimed at reflecting the current state of the field. The goal is to provide researchers, students, and clinicians in the field with substantial state-of-the-art overviews, reviews, and reflections on the conceptual and methodological issues and complexities particular to self-regulation research.

### Key Features

- \* Coverage of state-of-the-art in self-regulation research from different perspectives
- \* Application of self-regulation research to health, clinical, organizational, and educational psychology
- \* Brings together in one volume research on self-regulation in different subdisciplines
- \* Most comprehensive and penetrating compendium of information on self-regulation from multi-disciplinary perspectives

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