



DOWNLOAD



## Handbook of Biobehavioral Approaches to Self-Regulation (Hardback)

---

By -

Springer-Verlag New York Inc., United States, 2014. Hardback. Book Condition: New. 2015 ed.. 260 x 182 mm. Language: 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

*Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Germaine Welch**

*A very awesome pdf with perfect and lucid information. This is certainly for those who statte there had not been a worthy of looking at. Your daily life span will probably be convert as soon as you full looking at this book.*

-- **Dr. Marie Ebert**