



# Self-Efficacy: The Exercise of Control

*By Albert Bandura*

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## Self-Efficacy: The Exercise of Control By Albert Bandura

Albert Bandura's highly anticipated examination of his vastly influential work on self-efficacy is now available. The result of over 20 years of research by this renowned psychologist, the book articulates comprehensively Bandura's theory that believing one can achieve what one sets out to do results in a healthier, more effective, and generally more successful life.

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## Self-Efficacy: The Exercise of Control By Albert Bandura Bibliography

- Sales Rank: #146022 in Books
- Brand: Brand: Worth Publishers
- Published on: 1997-02-15
- Original language: English
- Number of items: 1
- Dimensions: 8.98" h x 1.28" w x 7.25" l, 2.22 pounds
- Binding: Paperback
- 604 pages

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