



Handbook of Self-Regulation: Research, Theory, and Applications

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Bringing together a stellar array of self-regulation researchers, this comprehensive and authoritative handbook addresses the breadth of current theories, findings, and practical applications in the field. Examined are the conscious and nonconscious processes by which people regulate their thoughts, emotions, attention, impulses or appetites, and task performances; the developmental trajectories of these capacities; and implications for personal relationships, addictions, consumption, and mental health. The ways individuals differ in their basic abilities and styles of self-control are considered, as are strategies for enhancing functioning in this area. Offering cutting-edge coverage of a key dimension of human experience, the *Handbook* also identifies important questions for future investigation.



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