

Losing Control

**How and Why People
Fail at Self-Regulation**



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Losing Control How And Why People Fail At Self Regulation

Kelly McGonigal



Losing Control How And Why People Fail At Self Regulation:

Losing Control Roy F. Baumeister, Todd F. Heatherton, Dianne M. Tice, 1994-11-07 Self regulation refers to the self's ability to control its own thoughts emotions and actions Through self regulation we consciously control how much we eat whether we give in to impulse task performance obsessive thoughts and even the extent to which we allow ourselves recognition of our emotions This work provides a synthesis and overview of recent and long standing research findings of what is known of the successes and failures of self regulation People the world over suffer from the inability to control their finances their weight their emotions their craving for drugs their sexual impulses and more The United States in particular is regarded by some observers as a society addicted to addiction Therapy and support groups have proliferated not only for alcoholics and drug abusers but for all kinds of impulse control from gambling to eating chocolate Common to all of these disorders is a failure of self regulation otherwise known as self control The consequences of these self control problems go beyond individuals to affect family members and society at large In *Losing Control* the authors provide a single reference source with comprehensive information on general patterns of self regulation failure across contexts research findings on specific self control disorders and commentary on the clinical and social aspects of self regulation failure Self control is discussed in relation to what the self is and the cognitive motivational and emotional factors that impinge on one's ability to control one's self Discusses the importance of the concept of self regulation to general issues of autonomy and identity Encompasses self control of thoughts feelings and actions Contains a special section on the control of impulses and appetites First book to integrate recent research into a broad overview of the area **The Self in Social Psychology** Roy F.

Baumeister, 1999 This reader presents a collection of articles on the study of the self in social psychology The readings are in thematic sections covering topics such as self knowledge self esteem self regulation self presentation and the self and culture

Effortless Attention Brian Bruya, 2010-04-09 The phenomena of effortless attention and action and the challenges they pose to current cognitive models of attention and action *The Self and Social Relationships* Joanne V. Wood, Abraham Tesser, John G. Holmes, 2013-05-13 Although the two major research areas of the Self and Social Relationships have flourished they have done so largely independently of each other More and more research however has indicated that relationships shape the nature of the self and identity and that self views influence interpersonal processes and the manner in which people navigate their close relationships The integration of research on self and social relationships has proved a particularly rich one generating some of the most creative and insightful theories in psychology *The Self and Social Relationships* is the first volume that marks expedites and defines this exciting new research synthesis It serves both as a platform for authors to present their latest ideas on the topic and to encourage continued integration in this emerging field The contributions represent a diverse set of perspectives from social personality and clinical psychology Each chapter covers a topic that is central to the study of self and relationships and presents some of the most exciting research programs in the

field This volume is essential reading for researchers and students in the areas of both self and relationships Handbook of Self and Identity Mark R. Leary, June Price Tangney, 2012-01-01 Widely regarded as the authoritative reference in the field this volume comprehensively reviews theory and research on the self Leading investigators address this essential construct at multiple levels of analysis from neural pathways to complex social and cultural dynamics Coverage includes how individuals gain self awareness agency and a sense of identity self related motivation and emotion the role of the self in interpersonal behavior and self development across evolutionary time and the lifespan Connections between self processes and psychological problems are also addressed New to This Edition Incorporates significant theoretical and empirical advances Nine entirely new chapters Coverage of the social and cognitive neuroscience of self processes self regulation and health self and emotion and hypoeegoic states such as mindfulness Bullying, Rejection, & Peer Victimization Monica J. Harris, 2009-05-11 Both children and adults who experience chronic peer victimization are at considerable risk for a host of adverse psychological consequences including depression aggression even suicidal ideation Bullying Rejection and Peer Victimization is the only book that addresses bullying across the developmental spectrum covering child adolescent and adult populations The contributors offer in depth analyses on traditional aggression and victimization physical bullying as well as social rejection emotional bullying Peer and family relationships relational aggression and cyber bullying are just a few of the important topics discussed Key Features Analyzes both perpetrator s and victim s sides of the peer victimization experience Explores how gender traits influence aggression Investigates how family dynamics influence chronic peer victimization Examines the relationships between social status power and aggression This text offers a wealth of insight into the experiences of victims of peer bullying using cutting edge theoretical perspectives including social cognition social ecology genetics and genetic environment interactions and social cognitive neuroscience *The Curse of the Self* Mark R. Leary, 2004-07-29 Despite its obvious advantages our ability to be self reflective comes at a high price Few people realize how profoundly their lives are affected by self reflection or how frequently inner chatter interferes with their success pollutes their relationships with others and undermines their happiness By allowing people to ruminate about the past or imagine what might happen in the future self reflection conjures up a great deal of personal suffering in the form of depression anxiety anger jealousy and other negative emotions A great deal of unhappiness in the form of addictions overeating and domestic violence is due to people s inability to exert control over their thoughts and behavior Is it possible to direct our self reflection in a way that will minimize the disadvantages and maximize the advantages Is there a way to affect the egotistical self through self reflection In this volume Mark Leary explores the personal and social problems that are created by the capacity for self reflection and by drawing upon psychology and other behavioral sciences offers insights into how these problems can be minimized Handbook of Experimental Existential Psychology Jeff Greenberg, Sander L. Koole, Tom Pyszczynski, 2013-12-17 Social and personality psychologists traditionally have focused their attention on the most basic

building blocks of human thought and behavior while existential psychologists pursued broader more abstract questions regarding the nature of existence and the meaning of life This volume bridges this longstanding divide by demonstrating how rigorous experimental methods can be applied to understanding key existential concerns including death uncertainty identity meaning morality isolation determinism and freedom Bringing together leading scholars and investigators the Handbook presents the influential theories and research findings that collectively are helping to define the emerging field of experimental existential psychology

The Routledge International Handbook of Biosocial Criminology Matt DeLisi, Michael Vaughn, 2014-12-05 Biosocial criminology is an interdisciplinary field that aims to explain crime and antisocial behavior by exploring both biological factors and environmental factors Since the mapping of the human genome scientists have been able to study the biosocial causes of human behaviour with the greatest specificity After decades of almost exclusive sociological focus criminology has undergone a paradigm shift where the field is more interdisciplinary and this book combines perspectives from criminology and sociology with contributions from fields such as genetics neuropsychology and evolutionary psychology The Routledge International Handbook of Biosocial Criminology is the largest and most comprehensive work of its kind and is organized into five sections that collectively span the terrain of biosocial research on antisocial behavior Bringing together leading experts from around the world this book considers the criminological genetic and neuropsychological foundations of offending as well as the legal and criminal justice applications of biosocial criminological theory The handbook is essential reading for students researchers and practitioners from across the social behavioural and natural sciences who are engaged in the study of antisocial behaviour

The Psychology of Action Peter M. Gollwitzer, John A. Bargh, 1996-01-01 Moving beyond the traditional and unproductive rivalry between the fields of motivation and cognition this book integrates the two domains to shed new light on the control of goal directed action Renowned social and motivational psychologists present concise formulations of the latest research programs which are effectively mapping the territory providing new findings and suggesting innovative strategies for future research Ideally structured for classroom use this book will effectively familiarize readers with important theories in the psychology of action

Criminology Research Focus Karen T. Froeling, 2007 Criminology is the scientific study of crime as an individual and social phenomenon Criminological research areas include the incidence and forms of crime as well as its causes and consequences They also include social and governmental regulations and reactions to crime Criminology is an interdisciplinary field in the behavioural sciences drawing especially on the research of sociologists and psychologists as well as on writings in law This book presents leading research from around the world

The Willpower Instinct Kelly McGonigal, 2013-12-31 Based on Stanford University psychologist Kelly McGonigal's wildly popular course The Science of Willpower The Willpower Instinct is the first book to explain the science of self control and how it can be harnessed to improve our health happiness and productivity Informed by the latest research and combining cutting edge insights from

psychology economics neuroscience and medicine The Willpower Instinct explains exactly what willpower is how it works and why it matters For example readers will learn Willpower is a mind body response not a virtue It is a biological function that can be improved through mindfulness exercise nutrition and sleep Willpower is not an unlimited resource Too much self control can actually be bad for your health Temptation and stress hijack the brain s systems of self control but the brain can be trained for greater willpower Guilt and shame over your setbacks lead to giving in again but self forgiveness and self compassion boost self control Giving up control is sometimes the only way to gain self control Willpower failures are contagious you can catch the desire to overspend or overeat from your friends but you can also catch self control from the right role models In the groundbreaking tradition of Getting Things Done The Willpower Instinct combines life changing prescriptive advice and complementary exercises to help readers with goals ranging from losing weight to more patient parenting less procrastination better health and greater productivity at work

Handbook of the Psychology of Religion and Spirituality, Second Edition Raymond F. Paloutzian, Crystal L. Park, 2014-12-19 Paloutzian experimental and social psychology Westmont College and Park psychology U of Connecticut provide a 33 chapter handbook on the psychology of religion and spirituality for social and clinical psychologists pastoral counselors and students and researchers in psychology and religious studies Psychologists and a few religious studies specialists from the US and some countries in Europe address the foundations including definitions core issues measurement assessment research methods psychodynamic psychology and religion and evolutionary psychology as a foundation for the psychology of religion religious and spiritual development across the lifespan and the neural and cognitive bases of religion and connections to emotion personality culture and social behavior They discuss religious practices and rituals conversion experiences prayer spiritual struggles fundamentalism forgiveness values and morality and implications for individual and collective well being in terms of health mental health coping psychotherapy workplace spirituality research terrorism and other areas New topics in this edition include cross cultural issues spiritual goals emotional values and mindfulness Most chapters have been redesigned or rewritten with 25 new and eight revised chapters The main themes of the book are more integrated and the introductory and concluding chapters argue that the application of religious meaning systems and the multilevel interdisciplinary paradigm can allow reconceptualization of the field and expand research Annotation 2013 Book News Inc Portland OR booknews com

Piracy in the Digital Era Sanjeev P. Sahni, Indranath Gupta, 2019-06-21 This book builds an empirical basis towards creating broader prevention and intervention programs in curbing digital piracy It addresses the psychosocial cultural and criminological factors associated with digital piracy to construct more efficient problem solving mechanisms Digital piracy including online piracy involves illegal copying of copyrighted materials This practice costs the software industry entertainment industry and governments billions of dollars every year Reports of the World Intellectual Property Organization WIPO and Business Software Alliance BSA view piracy largely in the light of economic factors the assumption being that only those who cannot afford legitimate

copies of software music and movies indulge in it Drawing on research and theories from various disciplines like psychology sociology criminology and law the authors have designed an empirical study to understand the contribution of psychological cultural and criminological factors to digital piracy The chapters include data from India and China which continue to be on the Special 301 report priority watch list of the WIPO and Serbia which has been on the watch list 4 times They examine the role of self control self efficacy perceived punishment severity awareness about digital piracy peer influence neutralization techniques novelty seeking pro industry factors and other socio demographic factors in predicting digital piracy This book addresses a large readership comprising academics and researchers in psychology criminology and criminal justice law and intellectual property rights social sciences and IT as well as policymakers to better understand and deal with the phenomenon of digital piracy

Celebrating America's Pastimes: Baseball, Hot Dogs, Apple Pie and Marketing?

Kacy Kyungok Kim, 2016-03-10 This book contains the full proceedings of the 2015 Academy of Marketing Science Annual Conference held in Denver Colorado Marketing has become ubiquitous it doesn't matter who you are where you are or what you are doing you cannot escape it In these times of instantaneous news information and entertainment everyone is exposed to messages from the moment they awake until the minute they drift off to sleep America spends the most money in the world on advertising and other marketing communication So it could be said that marketing is America's pastime as much so as the classics baseball hot dogs and apple pie Under the theme of Celebrating America's Pastimes Baseball Hot Dogs Apple Pie and Marketing this volume discusses all of the good things that marketing can do Showcasing research from academics scholars and practitioners from around the world this volume provides insight and strategies that will help marketers move forward and focus on the positive that marketing can provide to consumers stakeholders and society Founded in 1971 the Academy of Marketing Science is an international organization dedicated to promoting timely explorations of phenomena related to the science of marketing in theory research and practice Among its services to members and the community at large the Academy offers conferences congresses and symposia that attract delegates from around the world Presentations from these events are published in this Proceedings series which offers a comprehensive archive of volumes reflecting the evolution of the field Volumes deliver cutting edge research and insights complimenting the Academy's flagship journals Journal of the Academy of Marketing Science JAMS and AMS Review Volumes are edited by leading scholars and practitioners across a wide range of subject areas in marketing science

Self-Control W. L. Tiemeijer, 2022-09-08

Good self control is a crucial factor in the distribution of life outcomes ranging from success at school and work to good mental and physical health and to satisfying romantic relationships While in the last decades psychologists have learned much about this all important trait both social theory and politics have not caught up Many academics and policymakers still seem to believe that everybody has unlimited capacity for self control and that maintaining discipline is purely a matter of volition This book shows that such beliefs are fundamentally mistaken It presents the state of the art in research on self control explains why this trait has been

largely overlooked and sets out the profound implications of this psychological research for moral responsibility distributive justice and public policy It shows that the growing emphasis in politics on personal responsibility is deeply problematic and outlines alternatives more in accord with human psychology Routledge International Handbook of Self-Control in Health and Well-Being Denise de Ridder, Marieke Adriaanse, Kentaro Fujita, 2017-10-30 The ability to prioritise long term goals above short term gratifications is crucial to living a healthy and happy life We are bombarded with temptations whether from fast food or faster technologies but the psychological capacity to manage our lives within such a challenging environment has far reaching implications for the well being not only of the individual but also society as a whole The Routledge International Handbook of Self Control in Health and Wellbeing is the first comprehensive handbook to map this burgeoning area of research by applying it to health outcomes and personal well being Including contributions from leading scholars worldwide the book incorporates new research findings that suggest that simply inhibiting our immediate impulses isn't the whole story there may be more options to improve self control than simply by suppressing the ego Divided into six coherent sections the book provides an overview of the research base before discussing a range of interventions to help improve self control in different contexts from smoking or drinking too much to developing self control over aggression or spending money The only definitive handbook on this far reaching topic this essential work will appeal to researchers and students across health and social psychology as well as related health sciences **Self and Identity** Yoshihisa Kashima, Margaret Foddy, Michael Platow, 2002-04-01 This edited volume outlines the latest meta theoretical and theoretical contexts of self research Self and Identity examines theoretical accounts of human experience within the contemporary socio cultural milieu and attempts to answer the question of what it means to be human It provides a clear structure within which to conceptualize contemporary empirical research on self and identity in terms of personal social and symbolic aspects In so doing it identifies the symbolic aspect as an emerging area of contemporary significance Featuring contributions from a distinguished group of scholars and therapists the book is organized into four parts The editors provide section introductions to demonstrate how each chapter relates to the book's overall theme as well as how the chapter authors responded to the editors charge to go beyond the social cognitive theory of the self Part I describes the current meta theoretical context of self research the editors interpretation of the social cognitive approach to the self and an emerging alternative theory the Connectionist Approach Part II highlights personal perspectives on selfhood Part III focuses on social perspectives and Part IV reviews symbolic processes The concluding chapter reviews the book's major themes with overlapping themes and intellectual disputes The book is intended for graduate students and researchers in social and personality psychology interested in self and identity and self research It may also be used as a supplemental text in advanced level courses on self and identity **The SAGE Handbook of Industrial, Work & Organizational Psychology, 3v** Deniz S Ones, Neil Anderson, Chockalingam Viswesvaran, Handan Kepir Sinangil, 2017-12-14 The second edition of this best selling Handbook presents a fully updated

and expanded overview of research providing the latest perspectives on the analysis of theories techniques and methods used by industrial work and organizational psychologists Building on the strengths of the first edition key additions to this edition include in depth historical chapter overviews of professional contexts across the globe along with new chapters on strategic human resource management corporate social responsibility diversity stress emotions and mindfulness in the workplace environmental sustainability at work aging workforces among many others Providing a truly global approach and authoritative overview this three volume Handbook is an indispensable resource and essential reading for professionals researchers and students in the field Volume One Personnel Psychology and Employee Performance Volume Two Organizational Psychology Volume Three Managerial Psychology and Organizational Approaches Handbook of Self-Regulation, Third Edition Kathleen D. Vohs, Roy F. Baumeister, 2017-10-13 This authoritative handbook reviews the breadth of current knowledge on the conscious and nonconscious processes by which people regulate their thoughts emotions attention behavior and impulses Individual differences in self regulatory capacities are explored as are developmental pathways The volume examines how self regulation shapes and is shaped by social relationships Failures of self regulation are also addressed in chapters on addictions overeating compulsive spending and attention deficit hyperactivity disorder Wherever possible contributors identify implications of the research for helping people enhance their self regulatory capacities and pursue desired goals

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