



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

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This authoritative handbook comprehensively examines 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 reviews 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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Editorial Review

Review

"In a fast-developing field with profound implications for understanding and intervening in human behavior, an up-to-date, go-to resource is invaluable. Vohs and Baumeister are eminent scientists who provide exactly that with this volume. Clinicians, prevention specialists, policymakers, and scholars will all find this book a wise and highly useful reference on an essential aspect of human nature."--Thomas Joiner, PhD, Robert O. Lawton Distinguished Professor of Psychology, Florida State University

"It is difficult to imagine how someone could be a researcher in the field of self-regulation, or a serious student of the topic, without owning a copy of this book. Vohs and Baumeister have assembled an impressive range of contributors. Each chapter presents an authoritative viewpoint from leading researchers in the field, and all of the chapters make enjoyable and useful reading. The second edition is particularly timely because of the recent, rapid upsurge of knowledge about the relationship between brain function and self-regulation. This new knowledge is represented not just in specialized chapters devoted to the topic, but throughout the volume, as almost every contributor brings recent advances in cognitive neuroscience to bear."--David C. Funder, PhD, Distinguished Professor of Psychology, University of California, Riverside

"After reviewing available texts for a doctoral graduate course in cognitive and affective processes, I selected the Vohs and Baumeister text, as I found it to be comprehensive, applied, and current. Students have found that the contributing authors present the material in a manner relevant to everyday life as well as clinical application."--Tim F. Branaman, PhD, Professor of Clinical Psychology, Texas School of Professional Psychology at Argosy University, Dallas

About the Author

Kathleen D. Vohs, PhD, is Associate Professor of Marketing at the Carlson School of Management at the University of Minnesota. She holds a McKnight Presidential Fellowship and has recently been named the Board of Overseers Professor of Marketing. Dr. Vohs has more than 120 professional publications, including six books. Her research is concerned with self-regulation, particularly in regard to impulsive spending and eating, decision making, self-esteem, the fear and feeling of being duped, self-escape behaviors, and the psychology of money.

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