

SELF-REGULATION AND SELF-CONTROL

Selected works of Roy F. Baumeister



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A Psychology Press Book

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Vom B Sen Roy F Baumeister Ebook

Michael Christ



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Geek Heresy Kentaro Toyama, 2015-05-26 After a decade designing technologies meant to address education health and global poverty award winning computer scientist Kentaro Toyama came to a difficult conclusion Even in an age of amazing technology social progress depends on human changes that gadgets can't deliver Computers in Bangalore are locked away in dusty cabinets because teachers don't know what to do with them Mobile phone apps meant to spread hygiene practices in Africa fail to improve health Executives in Silicon Valley evangelize novel technologies at work even as they send their children to Waldorf schools that ban electronics And four decades of incredible innovation in America have done nothing to turn the tide of rising poverty and inequality Why then do we keep hoping that technology will solve our greatest social ills In this incisive book Toyama cures us of the manic rhetoric of digital utopians and reinvigorates us with a deeply people-centric view of social change Contrasting the outlandish claims of tech zealots with stories of people like Patrick Awuah a Microsoft millionaire who left his engineering job to open Ghana's first liberal arts university and Tara Sreenivasa a graduate of a remarkable South Indian school that takes impoverished children into the high tech offices of Goldman Sachs and Mercedes Benz *Geek Heresy* is a heartwarming reminder that it's human wisdom not machines that move our world forward

Diet, Drugs, and Dopamine David A. Kessler, M.D., 2025-05-13 INSTANT NEW YORK TIMES BESTSELLER From the New York Times bestselling author of *The End of Overeating* comes an illuminating understanding of body weight including the promise and peril of the latest weight loss drugs The struggle is universal we work hard to lose weight only to find that it slowly creeps back In America body weight has become a pain point shrouded in self-recrimination and shame not to mention bias from the medical community For many this battle not only takes a mental toll but also becomes a physical threat three quarters of American adults struggle with weight-related health conditions including high blood pressure heart disease and diabetes We know that diets don't work and yet we also know that excess weight starves us of years and quality of life Where do we go from here In *Diet Drugs and Dopamine* former FDA Commissioner Dr David A Kessler unpacks the mystery of weight in the most comprehensive work to date on this topic giving readers the power to dramatically improve their health Kessler who has himself struggled with weight suggests the new class of GLP-1 weight loss drugs have provided a breakthrough they have radically altered our understanding of weight loss They make lasting change possible but they also have real disadvantages and must be considered as part of a comprehensive approach together with nutrition behavior and physical activity Critical to this new perspective is the insight that weight loss drugs act on the part of the brain that is responsible for cravings In essence the drugs tamp down the addictive circuits that overwhelm rational decision making and quiet the food noise that distracts us Identifying these mechanisms allows us to develop a strategy for effective long-term weight loss and that begins with naming the elephant in the room ultraformulated foods are addictive Losing weight is a process of treating addiction In this landmark book one of the nation's leading public health officials breaks taboos around

this fraught conversation giving readers the tools to unplug the brain's addictive wiring and change their relationship with food Dr Kessler cautions that drugs on their own pose serious risks and are not a universal solution But with this new understanding of the brain-body feedback loop comes new possibilities for our health and freedom from a lifelong struggle Eye opening provocative and rigorous this book is a must read for anyone who has ever struggled to maintain their weight which is to say everyone

Encyclopedia of Heroism Studies, 2024-10-01 This reference work is an important resource in the growing field of heroism studies It presents concepts research and events key to understanding heroism heroic leadership heroism development heroism science and their relevant applications to businesses organizations clinical psychology human wellness human growth potential public health social justice social activism and the humanities The encyclopedia emphasizes five key realms of theory and application Business and organization focusing on management effectiveness emotional intelligence empowerment ethics transformational leadership product branding motivation employee wellness entrepreneurship and whistleblowers clinical health psychology and public health focusing on stress and trauma maltreatment emotional distress bullying psychopathy depression anxiety family disfunction chronic illness and healthcare workers wellbeing human growth and positive psychology discussing altruism authenticity character strengths compassion elevation emotional agility eudaimonia morality empathy flourishing flow self-efficacy joy kindness prospection moral development courage and resilience social justice and activism highlighting anti-racism anti-bullying civil disobedience civil rights heroes climate change environmental heroes enslavement heroes human rights heroism humanitarian heroes inclusivity LGBTQ heroism metoo movement heroism racism sustainability and women's suffrage heroes and humanities relating to the mythic hero's journey bliss boon crossing the threshold epic heroes fairy tales fiction language and rhetoric narratives mythology hero monomyth humanities and heroism religious heroes and tragic heroes

Freiheit für Manager Dorothea Assig, Dorothee Echter, 2018-09-07 Warum muten Unternehmen erfahrenen Führungskräften immer noch Assessmentcenter und komplexe Beurteilungsverfahren zu Wollen sie sie mit Absicht in die innere Kündigung treiben Dorothea Assig und Dorothee Echter geben eine klare Antwort Alles was heute an Personalentwicklung läuft ist kontraproduktiv Sie stellen mit dem Ambition Management System eine Alternative vor die ganz ohne Tests und Kontrollen auskommt und gerade deshalb zu Höchstleistungen führt Woher kommen diese grundlegend neuen Erkenntnisse Aus der Praxis Die Autorinnen beraten täglich die einflussreichsten Vorstände Inhaber und Aufsichtsräte und haben mit ihnen gemeinsam das Management neu geschrieben

America the Fair Dan Meegan, 2019-04-15 What makes a person liberal or conservative Why does the Democratic Party scare off so many possible supporters When does our injustice trigger get pulled and how can fairness overcome our human need to look for a zero-sum outcome to our political battles Tapping into a pop culture zeitgeist linking Bugs Bunny Taylor Swift and John Belushi through popular science and the human brain to our political predilections arguments and distrusts Daniel Meegan suggests that fairness and equality are key elements missing

in today's society Having crossed the border to take up residency in Canada Meegan an American citizen has seen first hand how people enjoy as rights what Americans view as privileges Fascinated with this tension he suggests in America the Fair that American liberals are just missing the point If progressives want to win the vote they need to change strategy completely and champion government benefits for everyone not just those of lower income If everyone has access to inexpensive quality health care open and extensive parental leave and free postsecondary education then everyone will be happier and society will be fair The Left will also overcome an argument of the Right that successfully though incongruously appeals to the middle and upper middle classes that policies that help the economically disadvantaged are inherently bad for others Making society fair and equal Meegan argues would strengthen the moral and political position of the Democratic Party and place it in a position to revive American civic life Fairness he writes should be selfishly enjoyed by everyone

Structure and Function of Antibodies Roy Jefferis, Koichi Kato, William R. (Bill) Strohl, 2021-02-05 This book provides a detailed description of all kinds of therapeutic antibodies including IgGs IgAs IgEs and IgMs bispecific antibodies chimeric antigen receptor antibodies and antibody fragments Details about how each of these antibodies interact with their ligands the immune system and their targets are provided Additionally this book delves into the details of antibody Fc and variable chain structures and how subtle changes in structure charge flexibility post translational modification and the ability to bind to natural antibody ligands can result in a significant impact on antibody activity and functionality Finally the book explains the critical quality attributes of modern therapeutic antibodies and how to ensure that antibodies entering development have the best possible chance of success

Ownership-Kultur am Arbeitsplatz Michael Christ, 2025-10-16 Das Fachbuch vermittelt Führungskräftigen und HR Verantwortlichen einen praxisnahen Leitfaden wie durch die Gestaltung einer Ownership Kultur mehr Engagement gefördert und Mitarbeitende befähigt werden Verantwortung zu übernehmen und sich mit ihrem Arbeitsplatz verbunden zu fühlen Ownership wird dabei als Haltung beschrieben die Proaktivität Identifikation mit Aufgaben und kontinuierliche Verbesserung einschließt unabhängig von hierarchischen Positionen Das Prinzip des Sich zu eigen Machens kann bei den Mitarbeitenden so zu mehr Motivation und Zufriedenheit führen Denn Studien zeigen dass etwa 70 Prozent der Mitarbeitenden wenig bis nicht motiviert ihrer Arbeit nachgehen und dabei unter ihrem eigenen Disengagement leiden Der Autor zeigt leicht verständlich und wissenschaftlich fundiert auf wie Führungskräfte die jeweilige Persönlichkeit und die primären Bedürfnisse der Mitarbeitenden erkennen und in den Mittelpunkt von deren Ownership Reise stellen Er beschreibt einen ganzheitlichen Ownership Ansatz der aus fünf universellen Treibern besteht Commitment Passung Challenge Grow Sinnstiftung und Gerechtigkeit Diese können dazu beitragen dass Ownership gelebt und Selbstwirksamkeit für alle Mitarbeitenden erfahrbar wird Damit ist dieser Leitfaden auch für alle Mitarbeitende geeignet die gut geführt werden wollen und ihre Führung aktiv mitgestalten möchten

CHARLAN NEMETH, 2019-03-29

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