



The Capacity for Self Direction: 245-67 (Classic Reprint)

By Sara K Winter

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Capacity for Self Direction: 245-67 This study compares self-descriptive essays written by business-school students who were subsequently successful (N=13) and unsuccessful (N=II) in attaining personal change goals during semester-long selfanalytic groups, using a new method for self-directed behavior change. Content analysis comparisons of the two groups revealed three significant differences: (a) High-change subjects more frequently stated goals with implicit recognition that the goal had not yet been attained; (b) Low-change subjects more frequently described themselves with little recognition of alternate possibilities; (c) Low-change subjects were higher in tentativeness and uncertainty about themselves (identity diffusion). These findings were then cross-validated in a second sample of students who were successful (N=9) and unsuccessful (N=22) in reaching their change goals. The results are interpreted as suggesting that successful self-directed personal change is motivated by awareness of the cognitive dissonance which is created when an individual commits himself to a valued goal that he sees as different from his present behavior. The low-change subject is one who does not create cognitive dissonance in the process of...



Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz

Other Books



The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in the Home (Classic Reprint)

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Excerpt from The Sunday Kindergarten Game Gift and Story: A Manual for Use in the Sunday, Schools and in...



To Thine Own Self

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Carefree and self assured Carolyn loves her life. Her uncle runs the day-to-day details of her company leaving...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



Fart Book African Bean Fart Adventures in the Jungle: Short Stories with Moral Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Black White Illustration Version! BONUS - Includes FREE Dog Fart Audio Book for Kids Inside! For a very time limited...



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



The Right Kind of Pride: A Chronicle of Character, Caregiving and Community

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. After 20 years of marriage author Christopher Cudworth and his wife Linda faced a future changed by...