



# Handbook of Biobehavioral Approaches to Self-Regulation

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# Handbook of Biobehavioral Approaches to Self-Regulation

## Handbook of Biobehavioral Approaches to Self-Regulation

How can people master their own thoughts, feelings, and actions? This question is central to the scientific study of self-regulation. The behavioral side of self-regulation has been extensively investigated over the last decades, but the biological machinery that allows people to self-regulate has mostly remained vague and unspecified. *Handbook of Biobehavioral Approaches to Self-Regulation* corrects this imbalance. Moving beyond traditional mind-body dualities, the various contributions in the book examine how self-regulation becomes established in cardiovascular, hormonal, and central nervous systems. Particular attention is given to the dynamic interplay between affect and cognition in self-regulation. The book also addresses the psychobiology of effort, the impact of depression on self-regulation, the development of self-regulation, and the question what causes self-regulation to succeed or fail. These novel perspectives provide readers with a new, biologically informed understanding of self-awareness and self-agency. Among the topics being covered are:

- Self-regulation in an evolutionary perspective.
- The muscle metaphor in self-regulation in the light of current theorizing on muscle physiology.
- From distraction to mindfulness: psychological and neural mechanisms of attention strategies in self-regulation.
- Self-regulation in social decision-making: a neurobiological perspective.
- Mental effort: brain and autonomic correlates in health and disease.
- A basic and applied model of the body-mind system.

*Handbook of Biobehavioral Approaches to Self-Regulation* provides a wealth of theoretical insights into self-regulation, with great potential for future applications for improving self-regulation in everyday life settings, including education, work, health, and interpersonal relationships. The book highlights a host of exciting new ideas and directions and is sure to provoke a great deal of thought and discussion among researchers, practitioners, and graduate-level students in psychology, education, neuroscience, medicine, and behavioral economics.

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