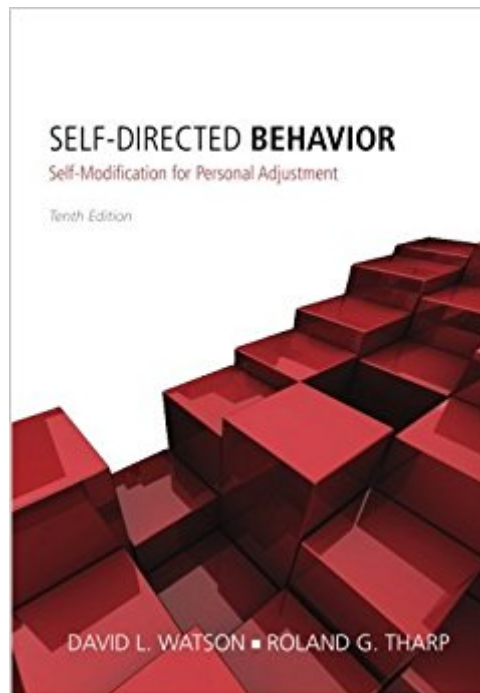


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# Self-Directed Behavior: Self-Modification For Personal Adjustment



## Synopsis

Achieve your life goals with SELF-DIRECTED BEHAVIOR! Featuring numerous research-based strategies, this psychology book guides you through exercises for developing skills in self-analysis and teaches you how to apply these skills in different settings. Case examples demonstrate how others have successfully used the book's techniques, including one individual who used shaping to gradually increase her ability to study, and another who learned to be more sure of himself on dates by consciously modeling a friend's confident behavior. Available with InfoTrac Student Collections <http://gocengage.com/infotrac>.

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (20 customer reviews)

Best Sellers Rank: #118,168 in Books (See Top 100 in Books) #63 inÂ Books > Medical Books > Psychology > Movements > Behaviorism #96 inÂ Books > Science & Math > Behavioral Sciences > Behavioral Psychology #1607 inÂ Books > Textbooks > Social Sciences > Psychology

## Customer Reviews

We all know what are the good habits and bad habits. But we don't know how to start a good one. This book teaches you in a scientific way, with huge amount of scientific references how to solve this problem. Don't judge the book with its price. For me this book is invaluable.Ok, this is a textbook for students, but the information and practical applications are for everyone in this planet.Do you really want to change something in your life for better? Just click to buy, have the book, start studying and do what is written there...You will be surprised how you are good at having new good habits...

I purchased this as a required textbook, and it has become one of my most treasured books. The content is overwhelmingly practical and well-researched, with strong arguments against conventional wisdom nuggets like "white knuckling" your way through something. I enjoyed the book

for the freedom it gives. First, the authors continually cited research about what makes the human mind change its habits and hangups, and what often causes it to fall two steps back. Second, they outline practical steps for how \*you\* should apply successful principles in your own life, in a patient voice that seems like one lightbulb revelation after another, all while talking to a wise friend. I'm looking forward to using it as a fundamental resource as I change myself for the better, one step at a time.

I just finished the book for my college course. I love this book! it's the exact book I was looking for in my life. I always had problems with dating and social interactions in general. I try to fix them in the past but i always fail and never really understand why. This book teaches you the principles behind your behavior and how you can make adjustment to your environment, thoughts, and reward system to reach your goals. This book can literally change your life, but keep in mind it's not magic so you still have to put in the work to accomplish your goals.

I've bought every edition of this book since it was required reading & a required self-modification assignment in a senior level Psyc Behavior Modification class. With that, I've managed to keep resolutions. Why? How? Read the book. It will change your life. Literally.

Book came used but looked brand new. Great book. Book will be used for my psychology class on Behavior Modification. Book could be used for self-study though.

I had to purchase this book for one of my classes and it ended up being really interesting and helpful. It is a good read but it is really useful if you actually apply it! Highly recommend this book.

I was thrilled to find to find a book like this and had given up years ago. But now that I've found it and completed it I know my life will be much more satisfying and enjoyable.

This is a great text to help with behavior modification plans. It provides thorough examples and explanations of the different stages in the planning process.

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