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Chapter 8. Positive Psychology Why the redundancy? Isn't all psychology positive? Certainly not. The field of psychology was initially the product of the disease model inherited from medicine, where the focus is on physical defects and dysfunctions, in the quest to alleviate

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Positive Psychology Chapter 8. STUDY. PLAY. Primary control. Refers to attempts to change and mold the external environment to fit the needs and goals of the self. Secondary control. The emphasis is on changing the self to fit the external environment. Self-control.

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Chapter 8 Self-Regulation and Self-Control 155 THE VALUE OF SELF-CONTROL Self-control and self-regulation refer to people's ability to initiate and guide their actions toward the achievement of a desired future goal (Karolyi, 1999).

Self-Regulation and Self-Control - University of Phoenix

CHAPTER 8 Positive Psychology: The Science at the Heart of Coaching CAROL KAUFFMAN WHAT YOU WILL understand by the end of this chapter is how the new field of positive psychology provides a robust theoretical and empirical base for the artful practice of life and executive coaching.

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