



# Losing Control: How and Why People Fail at Self-Regulation

*Roy F. Baumeister, Todd F. Heatherton, Dianne M. Tice*

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Self-regulation refers to the self's ability to control its own thoughts, emotions, and actions. Through self-regulation, we consciously control how much we eat, whether we give in to impulse, task performance, obsessive thoughts, and even the extent to which we allow ourselves recognition of our emotions. This work provides a synthesis and overview of recent and long-standing research findings of what is known of the successes and failures of self-regulation.

People the world over suffer from the inability to control their finances, their weight, their emotions, their craving for drugs, their sexual impulses, and more. The United States in particular is regarded by some observers as a society addicted to addiction. Therapy and support groups have proliferated not only for alcoholics and drug abusers but for all kinds of impulse control, from gambling to eating chocolate. Common to all of these disorders is a failure of self-regulation, otherwise known as "self-control."

The consequences of these self-control problems go beyond individuals to affect family members and society at large. In *Losing Control*, the authors provide a single reference source with comprehensive information on general patterns of self-regulation failure across contexts, research findings on specific self-control disorders, and commentary on the clinical and social aspects of self-regulation failure. Self-control is discussed in relation to what the "self" is, and the cognitive, motivational, and emotional factors that impinge on one's ability to control one's "self."

## Key Features

- \* Discusses the importance of the concept of self-regulation to general issues of autonomy and identity
- \* Encompasses self-control of thoughts, feelings, and actions
- \* Contains a special section on the control of impulses and appetites
- \* First book to integrate recent research into a broad overview of the area

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#### **Patty Scheuerman:**

The book untitled Losing Control: How and Why People Fail at Self-Regulation contain a lot of information on the idea. The writer explains her idea with easy way. The language is very clear to see all the people, so do not worry, you can easy to read the idea. The book was compiled by famous author. The author brings you in the new period of literary works. You can easily read this book because you can read more your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open their official web-site and also order it. Have a nice learn.

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