

# Self-Directed Behavior Self-Modification for Personal Adjustment

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## BOOK DETAILS

- Author : David L. Watson
- Pages : 432 Pages
- Publisher : Wadsworth Publishing
- Language : English
- ISBN : 1285077091

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## **BOOK 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://goengage.com/infotrac>. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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