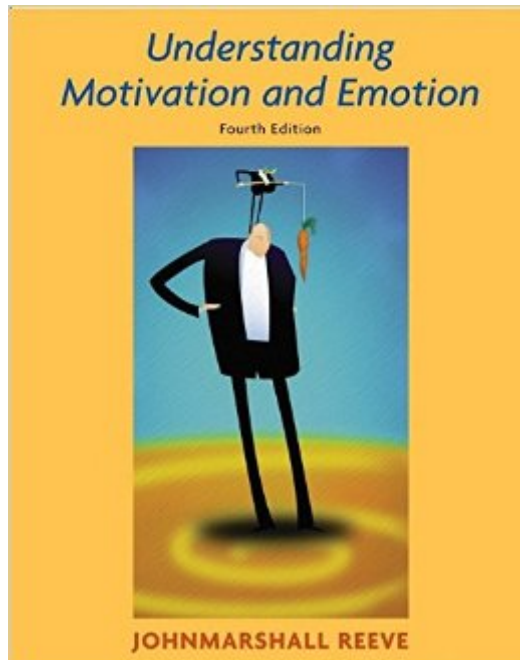


The book was found

# Understanding Motivation And Emotion



## Synopsis

Gain a greater understanding of motivation, where it comes from, how and why it changes over time, and how motivation can be increased and its quality enhanced. Learn how to apply the principles of motivation in such settings as schools, the workplace, the athletic field, counseling, and one's own personal strivings. Features: Comprehensive coverage: all aspects of motivation study, including biological, cognitive, social, etc. Practical perspective on motivation study: numerous how-to applications that show how to motivate yourself and others. Clear and concise writing style: translates the research in ways that are easy to understand.

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## Customer Reviews

Historians explore the early experiences of Lincoln, Churchill, Einstein, Hitler, and Napoleon to find the beginnings of the motivation which shaped their careers. Attempting to learn why people do what they do in particular places and times help to understand their motivations and the consequences. Basic reality is that each and every person is living in and reacting to his environment in different ways at different times. Cyclical changes take place according to the immediate environments and the participants in this drama called life. This scholar used a 'mnemonic visual scheme' to aid the readers in selecting the approaches needed in any given situation. Some of us continue to make the mistake of reacting "in kind" a destructive device which causes misery for all -- and total confusion for the male species, as he's never wrong. When unusual behavior of an individual arouses speculation, his changed patterns are questioned in a

psychological manner. Like having a dual personality to explain the unexpected reactions to a puzzling situation, referring to desires, wishes, or impulses. I admit that on occasion I have been pushed to resort to impulsive behavior when challenged in an abusive manner. No matter what Freud proclaimed, no one can go back in time to relive his life in a different sequence and pattern. There is currently a new movie out with this silly aspect. What we are now is a product of past experiences, and this can't be changed. What can is a person's attitude (thanks WM); many attitudes taught to children as 'black and white,' 'right and wrong,' or 'good and bad' become "gray" when they become adults. It's called a double standard. Attitude is the person's probable response pattern.

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