

Psychology of Emotions, Motivations and Actions

Psychology of Self-Control

New Research

Carroll Saunders
Editor

Novinka

A silhouette of a person performing a yoga pose (one-legged standing balance) on a beach at sunset. The person is standing on one leg, with the other leg raised and bent at the knee, and one arm extended horizontally. The background shows a sunset over the ocean with waves and a large, faint Greek letter Psi (Ψ) watermark in the sky.

The Science Of Selfcontrol

Kathleen Armour



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