



Self-theories: Their Role in Motivation, Personality, and Development (Essays in Social Psychology)

Carol Dweck

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This innovative text sheds light on how people work -- why they sometimes function well and, at other times, behave in ways that are self-defeating or destructive. The author presents her groundbreaking research on adaptive and maladaptive cognitive-motivational patterns and shows:

- * How these patterns originate in people's self-theories
- * Their consequences for the person -- for achievement, social relationships, and emotional well-being
- * Their consequences for society, from issues of human potential to stereotyping and intergroup relations
- * The experiences that create them

This outstanding text is a must-read for researchers in social psychology, child development, and education, and is appropriate for both graduate and senior undergraduate students in these areas.

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