# Table of Contents

## I. Basic Regulatory Processes
1. Self-Regulation of Action and Affect, Charles S. Carver and Michael F. Scheier
2. The Self-Regulation of Emotion, Sander L. Koole, Lotte F. van Dillen, and Gal Sheppes
3. Giving In to Temptation: The Emerging Cognitive Neuroscience of Self-Regulatory Failure, Dylan D. Wagner and Todd F. Heatherton
4. Self-Regulatory Strength, Isabelle M. Bauer and Roy F. Baumeister
5. Willpower in a Cognitive Affective Processing System: The Dynamics of Delay of Gratification, Walter Mischel and Ozlem Ayduk
6. Self-Regulation and Behavior Change: Disentangling Behavioral Initiation and Behavioral Maintenance, Alexander J. Rothman, Austin S. Baldwin, Andrew W. Hertel, and Paul Fuglestad

## II. Cognitive, Physiological, and Neurological Dimensions of Self-Regulation
7. Nonconscious Self-Regulation, or the Automatic Pilot of Human Behavior, Esther K. Papies and Henk Aarts
8. Promotion and Prevention Systems: Regulatory Focus Dynamics within Self-Regulatory Hierarchies, Abigail A. Scholer and E. Tory Higgins
9. Planning Promotes Goal Striving, Peter M. Gollwitzer and Gabriele Oettingen
10. The Reason in Passion: A Social Cognitive Neuroscience Approach to Emotion Regulation, Kateri McRae, Kevin N. Ochsner, and James J. Gross
11. Working Memory and Self-Regulation, Wilhelm Hofmann, Malte Friese, Brandon J. Schmeichel, and Alan D. Baddeley
12. Local and Global Evaluations: Attitudes as Self-Regulatory Guides for Near and Distant Responding, Allison Ledgerwood and Yaacov Trope
13. Identifying and Battling Temptation, Ayelet Fishbach and Benjamin A. Converse

## III. Development of Self-Regulation
14. Effortful Control: Relations with Emotion Regulation, Adjustment, and Socialization in Childhood, Nancy Eisenberg, Cynthia L. Smith, and Tracy L. Spinrad
15. Attentional Control and Self-Regulation, M. Rosario Rueda, Michael I. Posner, and Mary K. Rothbart
16. A Bidirectional Model of Executive Functions and Self-Regulation, Clancy Blair and Alexandra Ursache
17. Aging and Self-Regulation, William von Hippel and Julie D. Henry

## IV. Social Dimension of Self-Regulation
18. The Sociometer, Self-Esteem, and the Regulation of Interpersonal Behavior, Mark R. Leary and Jennifer Guadagno
20. When People Strive for Self-Harming Goals: Sacrificing Personal Health for Interpersonal Success, Catherine D. Rawn and Kathleen D. Vohs
21. The Effects of Social Relationships on Self-Regulation, Eli J. Finkel and Gráinne M. Fitzsimons
22. The Effects of Self-Regulation on Social Relationships, Gráinne M. Fitzsimons and Eli J. Finkel
23. Waiting, Tolerating, and Cooperating: Did Religion Evolve to Prop Up Humans’ Self-Control Abilities?, Michael E. McCullough and Evan C. Carter

## V. Personality and Self-Regulation
24. Temperament and Self-Regulation, Mary K. Rothbart, Lesa K. Ellis, and Michael I. Posner
26. Impulsivity as a Personality Trait, Colin G. DeYoung

## VI. Common Problems with Self-Regulation
27. Self-Regulatory Failure and Addiction, Michael A. Sayette and Kasey M. Griffin
28. The Self-Regulation of Eating: Theoretical and Practical Problems, C. Peter Herman and Janet Polivy
29. Self-Regulation and Spending: Evidence from Impulsive and Compulsive Buying, Ronald J. Faber and Kathleen D. Vohs
30. Attention-Deficit/Hyperactivity Disorder, Self-Regulation, and Executive Functioning, Russell A. Barkley