

SELF-DIRECTED **BEHAVIOR**

Self-Modification for Personal Adjustment

Tenth Edition



DAVID L. WATSON ■ ROLAND G. THARP

Self Directed Behavior Self Modification For Personal Adjustment

Tao Wei



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Self-directed Behavior Roland George Tharp, D. L. Watson, 1975

Self-Directed Behavior David L. Watson, 1981-01

Achieve your life goals with SELF DIRECTED BEHAVIOR With abundant strategies based on research this psychology text 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 other students have successfully used the book s techniques including one student 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 *Self-Directed Behavior* David L. Watson, Roland G. Tharp, 2002

Self-Directed Behavior David L. Watson, Roland G. Tharp, 2001-08

Instructor's Manual for Watson and Tharp's

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Policy Studies Review Annual Bertram H. Raven,1979-01-01

Nutrition in the Prevention and Treatment of Disease Ann M. Coulston,Carol J. Boushey,2008-05-12

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