



Building, Defending, and Regulating the Self: A Psychological Perspective

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This volume pulls together research on several aspects of the self. One set of chapters deals with the importance of building a self based on authenticity and "Who I really am."; a second group deals with the ways in which we defend views of the self as positive and powerful; a third group is concerned with multiple aspects of self regulation. Each of the chapters is a well-written, non-technical description of an important, currently active research program.

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