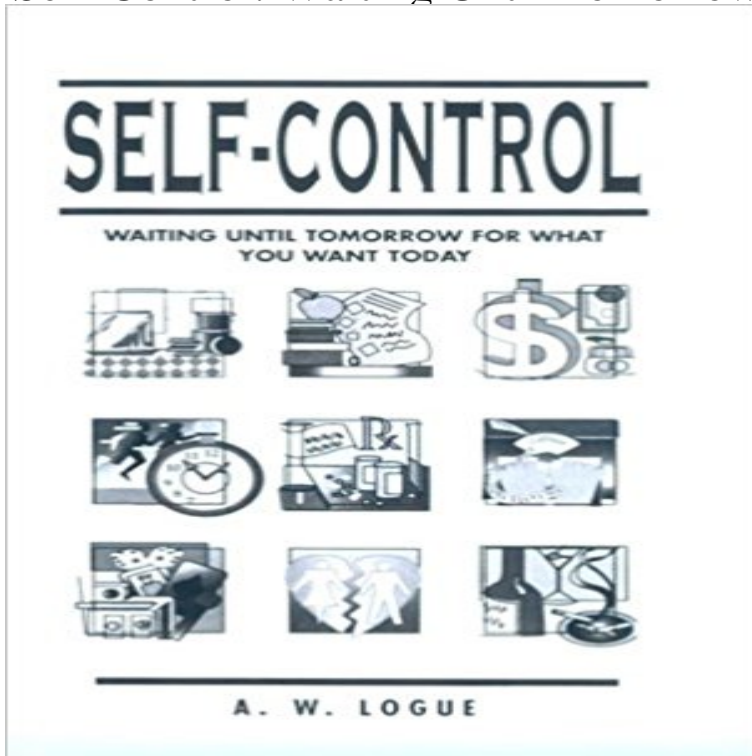


# Self-Control: Waiting Until Tomorrow for What You Want Today



A brief core text or supplement for sophomore through graduate-level courses in Behavior Modification, Abnormal Psychology, Learning, Motivation, and Self-Management, or for seminar courses in Self-Control. This is the first text to synthesize the basic research on self-control and to integrate it with the associated applied research literature.

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