**DESCRIPTION**

The past ten years have seen an explosion of useful research surrounding human motivation and emotion; new insights allow researchers to answer the perennial questions, including "What do people want?" and "Why do they want what they want?" By delving into the roots of motivation, the emotional processes at work, and the impacts on learning, performance, and well-being, this book provides a toolbox of practical interventions and approaches for use in a wide variety of settings.

In the midst of the field's "golden age," there has never been a better time to merge new understanding and practical application to improve people's lives. Useful in schools, the workplace, clinical settings, health care, sports, industry, business, and even interpersonal relationships, these concepts are profoundly powerful; incorporated into the state-of-the-art intervention programs detailed here, they can enhance people's motivation, emotion, and outlook while answering the core questions of any human interaction.

**RELATED RESOURCES**

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NEW TO EDITION

New to this Edition:

• A deeper understanding of motivation and emotion based on the latest research enables greater clarity and organization of ideas

• New coverage includes Expectancy X Value theories, mindfulness, terror management theory, intrinsic vs extrinsic goals, psychological need frustration, leadership motivation, failure, and more

• Each chapter addresses a specific concern, and includes recommended reading on the chapter's central theme

FEATURES

Wiley Advantage:

• Explores the spectrum of conditions that affect what we want and what we do

• Expands theory and finding into practical application for work, school, and home

• Provides clear, concise explanations for complex topics of motivation

• Describes where the latest research fits into the overall picture of motivation

• Includes an Instructor's Manual and Test Bank featuring discussion questions, activities, central principles, and other tools

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