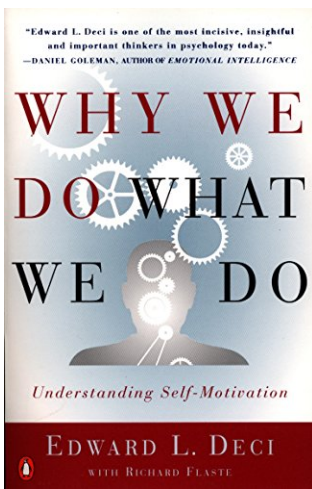


[PDF] Why We Do What We Do: Understanding Self-Motivation

Edward L. Deci, Richard Flaste - pdf download free book



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Description:

From Publishers Weekly Univ. of Rochester psychology professor Deci and Flaste, former science and health editor for the New York Times, here compile decades of experimentation and research on human motivation conducted by Deci and his colleagues. The product is an insightful and provocative meditation on how people can become more genuinely engaged and successful in pursuing their goals?in school, the workplace and relationships. Concerned with what makes people want to succeed, Deci conducted extensive studies demonstrating that when subjects are encouraged to pursue a task for its own sake, they do it better and enjoy it more than those told to

do it for a reward or informed that they will be punished if they don't do it correctly. These results lead to his conclusion?amply illustrated through anecdotal and scholarly evidence?that authoritarian motivational strategies such as the reward/punishment systems commonly used in American schools and businesses alienate people from their work, make them less productive and leave them less fulfilled. Deci calls for "autonomy-supportive" behavior from those in positions of authority to encourage motivation emanating from within.

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About the Author Edward L. Deci, Ph.D., professor of psychology at the University of Rochester, is director of its human motivation program.

Richard Flaste, former Science and Health Editor of **The New York Times**, led the team that won the Pulitzer Prize for national reporting in 1987.

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But how do you do that? By minimizing the appearance of pain and, more importantly, magnifying the pleasure or appearance of pleasure. The reality is that pain guides our actions more often than not, and it's one of the biggest reasons why we don't follow through with our goals or establish new habits. If you can take something and magnify the pleasure involved with performing it, you'll tip the scales so to speak and make it more likely that you'll follow through with the positive action instead of freezing or running from pain. Going back to our examples, here's how you can take advantage. We are all inherently interested in the world, argues Deci, so why not nurture that interest in each other? Instead of asking, "How can I motivate people?" we should be asking, "How can I create the conditions within which people will motivate themselves?" An insightful and provocative meditation on how people can become more genuinely engaged and successful in pursuing their goals. "Publisher's Weekly ...more." Overall I do believe this is a good formatting of an essential set of concepts centered around the nature of how extrinsic vs. intrinsic motivations interact with our systems of learning and working within our everyday world. ...more. flag 5 likes · Like · see review. Oct 24, 2020 JosÃ©phine rated it liked it. I do weekends "I do more, obviously, I also coach people" but I'm into immersion, because how did you learn language? Not just by learning principles, you got in it and you did it so often that it became real. The bottom line of why I'm here, besides being a crazy mofo, is that "I'm not here to motivate you, you don't need that, obviously." What happens, though, is people say to me, "I don't need any motivation." But that's not what I do. I'm the "why" guy. But we know that that's bullshit at times. You don't work in your self-interest all the time, because when emotion comes into it, the wiring changes in the way it functions. So it's wonderful to think intellectually about how the life of the world is, especially those who are very smart can play this game in our head. Self-Motivation Edward L. Deci, Richard Flaste Ebook Download, Free Download Why We Do What We Do : Understanding Self - Motivation Full Version Edward almendrasdelamancha.com. <https://almendrasdelamancha.com/.../pdf-why-we-do-what-we-do-understanding-self-motivation-edward-l-deci-richard-flaste-pdf-download>-clipped from Google - 4/2021. [Pdf] Why We Do What We Do: Understanding Self-Motivation forex-pcm.com. <https://forex-pcm.com/.../pdf-why-we-do-what-we-do-understanding-self-motivation-edward-l-deci-richard-flaste-pdf-download-free-book-3bc3255>. fore