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Understanding
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Description:

Understanding Motivation and Emotion, 6th Edition helps readers understand motivation; where it comes from, how and why it changes over time, and how motivation can be increased. The book also shows how to apply the principles of motivation in applied settings, such as in schools, in the workplace, on the athletic field, in counseling, and in one's own personal life.

Reeve's engaging writing captures the excitement of recent advances in the field to show the reader

what contemporary motivation psychologists are excited about. He also uses effective examples and explains how motivation study can be applied to readers' daily lives.

By combining a strong theoretical foundation with current research and practical applications, Reeve provides readers with a valuable tool for understanding why people do what they do and why people feel what they feel.

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