

Why We Do What We Do: Understanding Self-Motivation By Edward L. Deci, Richard Flaste



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Actively encouraging self-initiation, experimentation, and responsibility through encouragement, not pressure. Intrinsic motivation is associated with richer experience, better conceptual understanding, greater creativity, and improved problem There are many times when we have to do uninteresting or unpleasant things

The relationships between need fulfillment and motivation

Edward Deci's work on motivation is so often quoted (Dan Pink's Drive book called Why We Do What We Do: Understanding Self-Motivation.

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Dr. edward l. deci on how to be self-motivated and best motivate

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Edward L. Deci is a Professor of Psychology and Gowen Professor in the Social Sciences at the Why We Do What We Do: Understanding Self-Motivation.

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