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Choice or Chance: Understanding Your Locus of Control and Why It Matters

By Jr Stephen Nowicki

Prometheus Books, United States, 2016. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. How Much Do You Believe That What Happens to You Is the Result of Your Own Actions or Do Circumstances Beyond Your Control Largely Determine Your Fate? Locus of Control (LOC) is a phrase used by psychologists to describe a widely effective way of assessing an individual's potential for success personal, social, and financial. LOC measures how much you believe what happens to you is the result of your own actions or, conversely, of forces and circumstances beyond your control. People who accept that they are largely in control of their lives tend to do better than those who feel that fate or external factors rule what they do, especially in novel and difficult situations. This book explains LOC research, until now mainly confined to academic circles, in terms easily understandable to the average person. The author, a clinical psychologist who has spent nearly five decades investigating and writing about LOC, helps the reader to explore his or her own locus of control and what those orientations might mean for how life is lived. He discusses the extensively documented relationship between...

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