



Social Foundations of Thought and Action: A Social Cognitive Theory

Albert Bandura

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Presents a comprehensive theory of human motivation and action from a social-cognitive perspective. This insightful text addresses the prominent roles played by cognitive, vicarious, self-regulatory, and self-reflective processes in psychosocial functioning; emphasizes reciprocal causation through the interplay of cognitive, behavioral, and environmental factors; and systematically applies the basic principles of this theory to personal and social change.

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