

## Sources:

1. Job, V., Dweck, C., & Walton, G. (2010) Ego Depletion—Is It All in Your Head?: Implicit Theories About Willpower Affect Self-Regulation. *Psychological*
2. Baumeister, R., & Tierney, J. (2011). *Willpower: Rediscovering the greatest human strength*. New York: Penguin Press.
3. Tice, D., & Baumeister, R. (1997). Longitudinal Study of Procrastination, Performance, Stress and Health: The Costs And Benefits Of Dawdling. *Psychological Science*, 454-458.
4. Zinsser, W. (2012). *On Writing Well, 30th Anniversary Edition: An Informal Guide to Writing Nonfiction*. Harper Collins.
5. Sylwester, R. (2005, March 11). The Role of Snap Judgments in Intelligence: An Intriguing Perspective - Brain Connection. <http://brainconnection.brainhq.com/2005/03/11/the-role-of-snap-judgments-in-intelligence-an-intriguing-perspective/>
6. Adams, C., & Leary, M. ( Promoting Self-Compassionate Attitudes Toward Eating Among Restrictive and Guilty Eaters. *Journal of Social and Clinical Psychology*, 26(10), 1120-1144.
7. Zuber-Skenitt, O. (1993). Improving Learning and Teaching Through Action Learning and Action Research. *Higher Education Research & Development*, 12(1), 45-58.