

## Sources

1. Grandin, T. (2006). *Thinking in pictures: And other reports from my life with autism*. Vintage; Reissue edition.
2. Greene, R. (2012). *Mastery*. New York: Viking.
3. Muraven, M., Baumeister, R., & Tice, D. (1999). Longitudinal Improvement of Self-Regulation Through Practice: Building Self-Control Strength Through Repeated Exercise. *The Journal of Social Psychology*, 446-457.
4. McGonigal, K. (2012) *The Willpower Instinct: How Self-control Works, Why It Matters, and What You Can Do to Get More of It*. New York: Avery.