Self-determination theory (SDT) is a macro theory of human motivation and personality that concerns people's inherent growth tendencies and innate psychological needs. It is concerned with the motivation behind choices people make without external influence and interference. SDT focuses on the degree to which human behavior is self-motivated and self-determined. The book carefully explains SDT and the research supporting it, including the role of universal needs, intrinsic motivation, and growth. Importantly, the volume addresses how we can use SDT to improve schools, health care, family life, psychotherapy, work, sports—nearly every aspect of social life. Self-Determination Theory will leave its mark for years to come and will become a classic in the field.