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What is the Meaning of Self-Determination Theory? Self-Determination Theory, or SDT, is a theory that links personality, human motivation, and optimal functioning.

What is Self-Determination Theory? Definition and Examples

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About the Author Charles J. Brooksis currently the president of Marcrafft International Corporation, located in Kennewick, Washington, and is in charge of research and development. He is the author of several books, including A+ Training Guide, A+ Concepts and Practices, and Microcomputer Systemsâ€™ Theory and Service.

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This book is dedicated to my best friend and remarkably encouraging husband, Okon, who has supported me throughout this great quest.

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