

# **Freely determined: An SDT perspective**

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I will discuss my 2022 book “Freely determined: What the new psychology of the self tells us about how to live” (Basic Books). The book relies heavily on SDT, but also contains some novel propositions from an SDT perspective. I’ll argue that people are always free to exercise their choice capacity, despite encumbrances in both the internal and external environments; these encumbrances can make it more difficult to exercise free will wisely.