

Call For Participants



SELF-PERMISSION



4 day(s) to complete



Sincere Gratitude



Experiment



Online

University of East London

We are encouraged to give ourselves permission to be ourselves, to live big, to accept ourselves and to be happy in millions of blogs and posts online as well as self-help books among others. Research on personal autonomy has consistently found people who feel free and act freely show more motivation, authenticity, and wellbeing. Could actively giving oneself permission have any positive effects? Would it be enough?'

Find out more online

Poster printed on 10/07/2020 Study expires on 25/09/2019

More info

by scanning the QR code
or visiting the URL

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