

**Sources:**

1. Stockdale, J. B., & Stockdale, S. (1984). *In love and war: The story of a family's ordeal and sacrifice during the Vietnam years*. New York: Harper & Row.
2. Collins, J. C. (2001). *Good to great: Why some companies make the leap--and others don't*. New York, NY: HarperBusiness.
3. Ridder, D., Lensvelt-Mulders, G., Finkenauer, C., Stok, F., & Baumeister, R. (2011). Taking Stock of Self-Control: A Meta-Analysis of How Trait Self-Control Relates to a Wide Range of Behaviors. *Personality and Social Psychology Review*, 76-99.