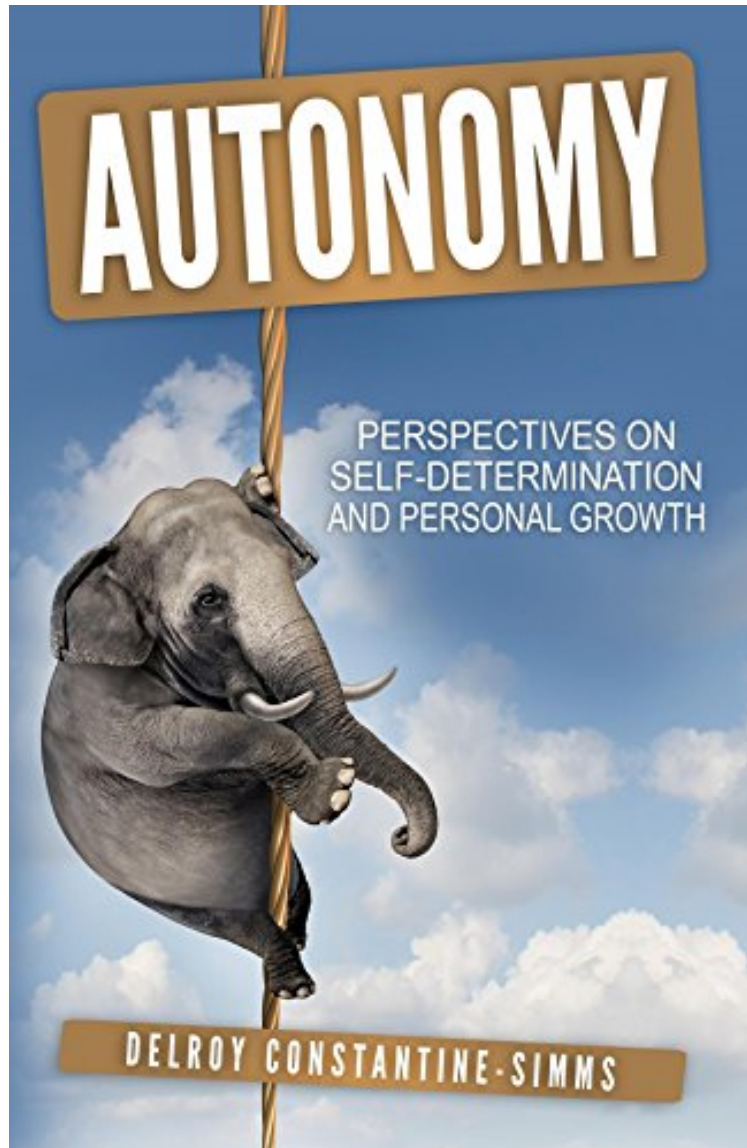


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Delroy Constantine-Simms

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This book offers a variety of perspectives on applied self-determination, with an underlying theme which suggests that self-determination is a strength that gives us power and control over our lives. Moreover, contributions in this book also suggest that when one has self-determination one has self-rule, freedom, freewill, and control. Without doubt, the freedom that one gets from self-determination is such that it allows us to think of ourselves as sovereign individuals, with uncontested rule over our personal domains, thus empowering us to make choices, enjoy liberty, and independence. In essence, self-determination is about having ultimate power and control of our own lives.