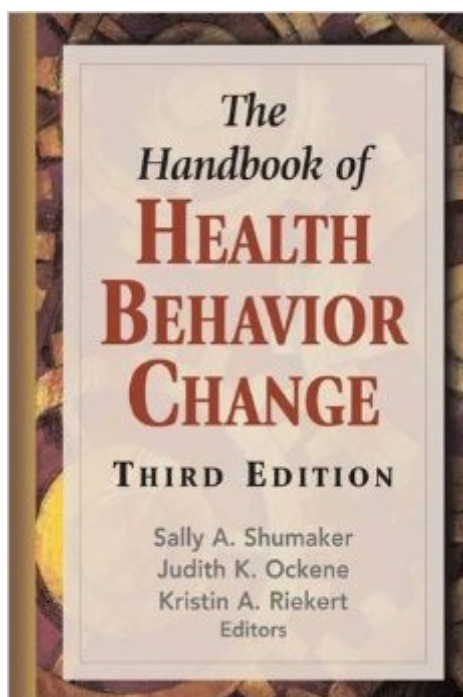


The book was found

The Handbook Of Health Behavior Change, Third Edition



Synopsis

This work will be the one that students and clinicians keep on their shelves as the gold-standard reference for health behavior change. Summing Up: Essential --Choice The third edition of this handbook provides students and practitioners with the most complete and up-to-date resource on contemporary topics in the field of health behavior change." Score: 95, 4 stars --Doody's Praise for the second edition: "This handbook sets a standard for conceptually based, empirically validated health behavior change interventions for the prevention and treatment of major diseases. It is an invaluable resource for the field of behavioral medicine as we work toward greater integration of proven health behavior change interventions into evidence-based medical practice." --Susan J. Curry, PhD, Director, Center for Health Studies, Group Health Cooperative of Puget Sound; Fellow, Society of Behavioral Medicine Numerous acute and chronic diseases can be prevented simply by maintaining healthy behavioral patterns. This handbook provides practical and authoritative health management information for both health psychologists and primary care physicians whose clients and patients suffer from health-related issues and risks. The text also serves as a useful resource for policy makers and graduate students studying public health or health psychology. This new edition of The Handbook of Health Behavior Change provides an updated and expanded view of the factors that influence the adoption of healthy behaviors. The contributors also examine the individual, social, and cultural factors that can inhibit or promote health behavior change. Key Features: Reviews of past and current models of health behavior change, disease prevention, disease management, and relapse prevention Comprehensive coverage of health-related issues, including dietary needs, tobacco and drug use, safer sexual practices, and stress management Analysis of behavior change within specific populations (young, elderly, cognitively impaired, etc.) Factors that predict or serve as obstacles to lifestyle change and adherence

Book Information

Hardcover: 856 pages

Publisher: Springer Publishing Company; 3 edition (September 23, 2008)

Language: English

ISBN-10: 0826115454

ISBN-13: 978-0826115454

Product Dimensions: 7 x 2.1 x 10 inches

Shipping Weight: 3.2 pounds

Average Customer Review: 3.7 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #629,426 in Books (See Top 100 in Books) #42 in Books > Medical Books > Psychology > Medicine & Psychology #44 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Preventive Medicine #134 in Books > Medical Books > Medicine > Preventive Medicine

Customer Reviews

No Page numbers. I can not use for class because my professor assigns pages to read. There are no pages listed in Kindle edition. Useless. I had to borrow a classmates book to copy assigned pages. I do not recommend kindle version for text book.

Book came as described in on time

This book is a great resource!

[Download to continue reading...](#)

The Handbook of Health Behavior Change, Third Edition Understanding Human Behavior: A Guide for Health Care Providers (Communication and Human Behavior for Health Science) Motivational Interviewing in Health Care: Helping Patients Change Behavior (Applications of Motivational Interviewing (Hardcover)) Crucial Accountability: Tools for Resolving Violated Expectations, Broken Commitments, and Bad Behavior, Second Edition: Tools for Resolving Violated Expectations, ... and Bad Behavior, Second Edition AUDIO Be the Change! Change the World. Change Yourself. Essentials Of Health Behavior (Essential Public Health) Health Behavior Theory For Public Health: Principles, Foundations, and Applications Health Behavior and Health Education: Theory, Research, and Practice Living with the Earth, Third Edition: Concepts in Environmental Health Science (Living with the Earth: Concepts in Environmental Health Science) Advanced Health Assessment of Women, Third Edition: Clinical Skills and Procedures (Advanced Health Assessment of Women: Clinical Skills and Pro) Behavior Support, Third Edition (Teachers' Guides) The Merck Manual Home Health Handbook: Third Home Edition Inspiring and Supporting Behavior Change: A Food and Nutrition Professional's Counseling Guide Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior Time Off for Good Behavior: How Hardworking Women Can Take a Break and Change Their Lives Crazy Horse, Third Edition: The Strange Man of the Oglalas, Third Edition Organizational Behavior in Health Care, Second Edition The Chicken Health Handbook, 2nd Edition: A Complete Guide to Maximizing Flock Health and Dealing with Disease Generation Change, Revised and Expanded Edition: Roll Up Your Sleeves

and Change the World Much Ado About Nothing: Revised Edition: Third Series (The Arden Shakespeare Third Series)

[Dmca](#)