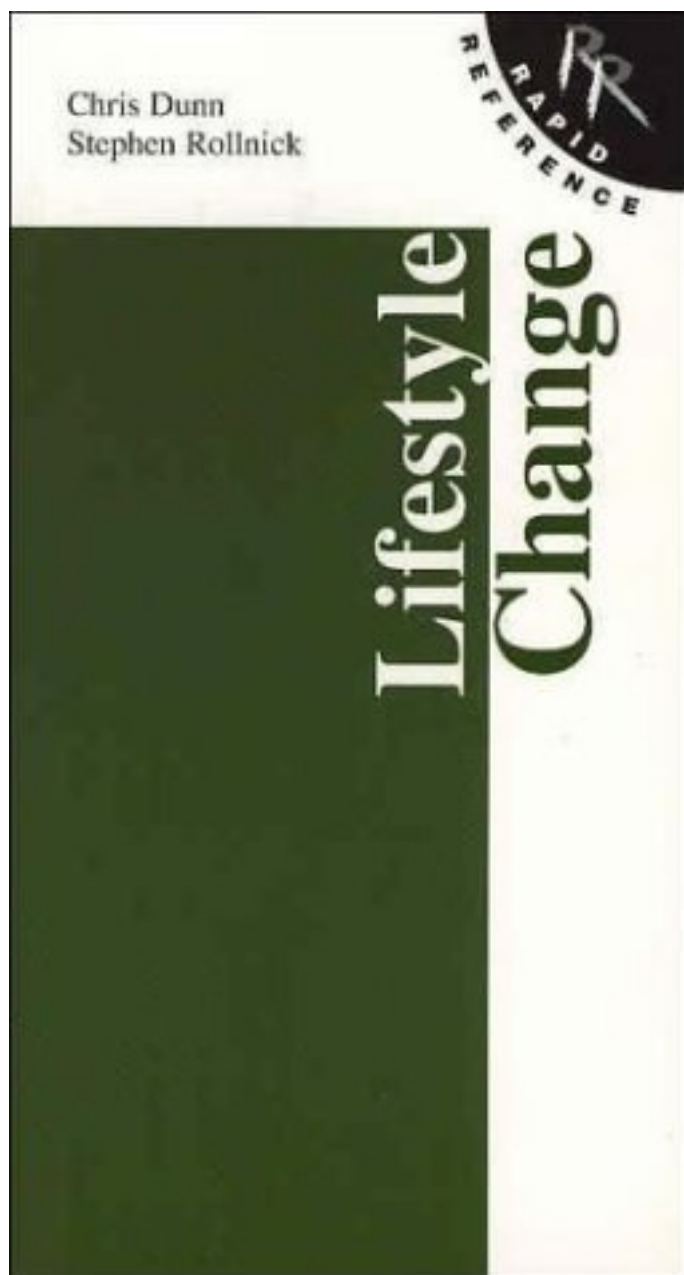


Rapid Reference to Lifestyle and Behavior Change



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Helping patients to improve their lifestyles, by reducing unhealthy behaviours and starting healthy ones, is an important factor in improving long-term outcome. This pocketbook is a Rapid Reference guide for understanding behaviour change counselling and putting it into practice in the primary care setting. Part I covers the rationale for behaviour change and evidence for its effectiveness. Part II is a guide on how to implement a successful behaviour change encounter and Part III provides tips for specific clinical situations, including relapse and medication adherence discussions.

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