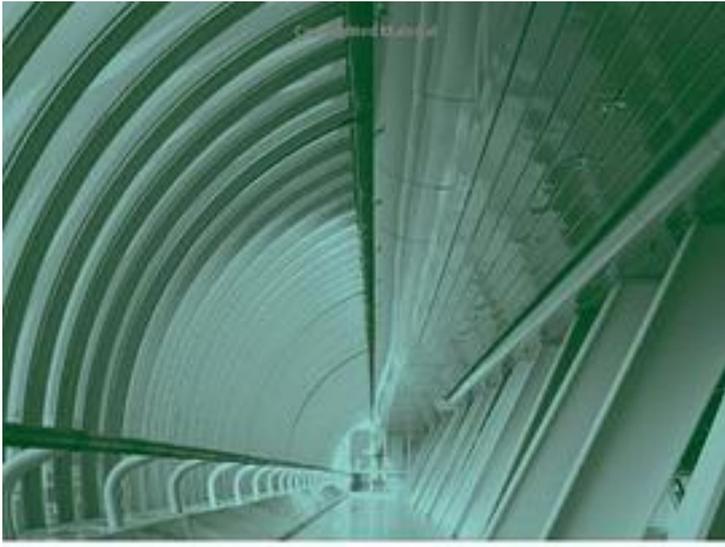


Introduction to Health Behavior Theory



Introduction to **Health Behavior Theory**

Joanna Hayden

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出版者:

出版时间:2008-6

装帧:

isbn:9780763743833

Introduction to Health Behavior Theory is designed to provide students with an easy to understand, interesting, and engaging introduction to the theoretical basis of health education. Written with the undergraduate in mind, the text uses comprehensive and accessible explanations to help students understand what theory is, how theories are

developed, and what factors influence health behavior theory. Covering the more frequently used health behavior theories, the author breaks each theory into concept and constructs to enhance comprehension and encourages students to discover how these theories can be put into practice.

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