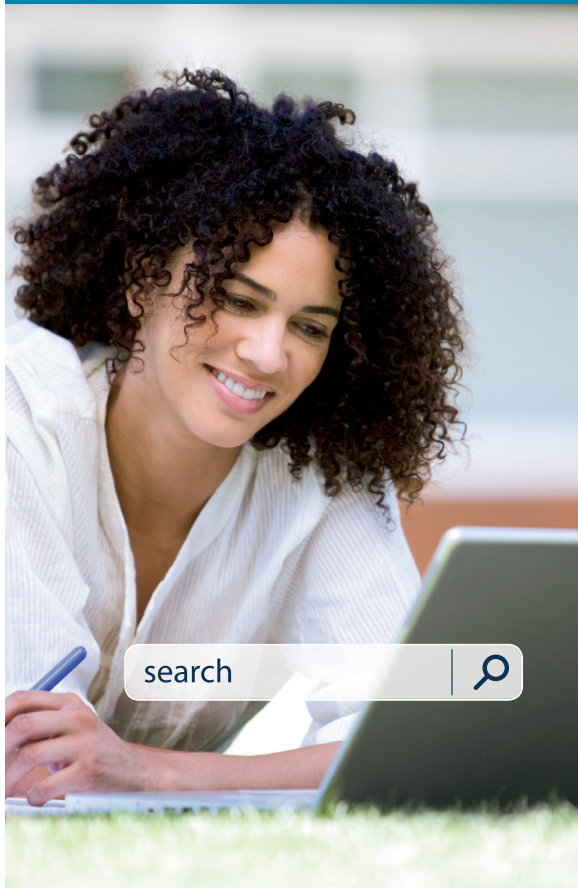**Discovery** provides a single search box to explore your library's collections and electronic resources.

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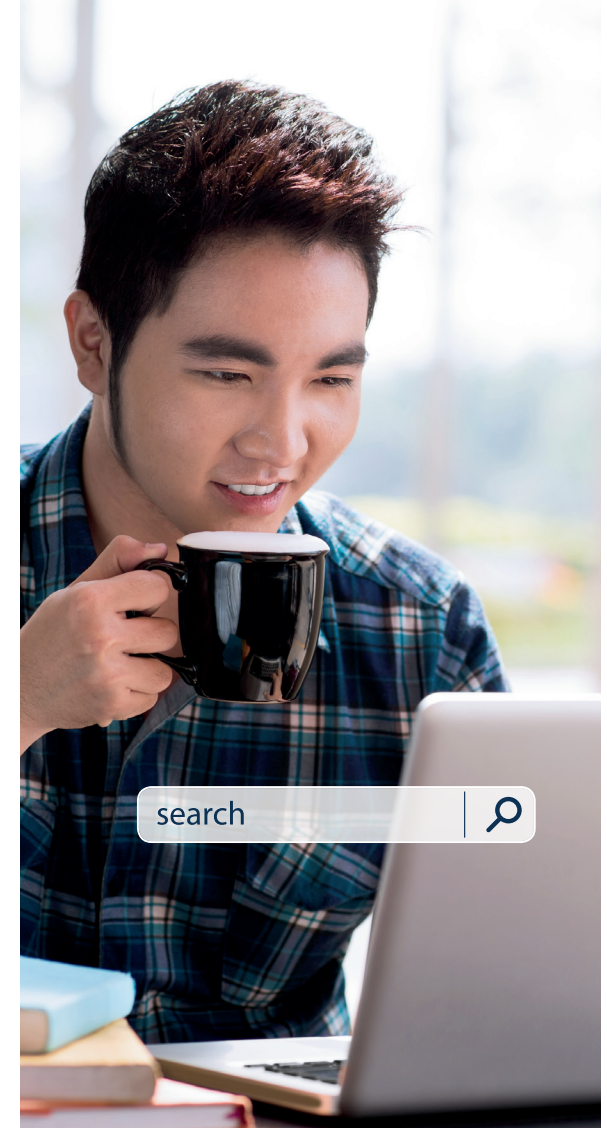
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1014 | Publication Date | 2020

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1. **Health**
By: Blaxter, Mildred. Cambridge : Polity Press, 2010. Language: Undetermined, Database: Barnsley College Library Catalogue
The second edition of Mildred Blaxter's successful and highly respected book offers a comprehensive and engaging introduction to the key debates surrounding the concept of health today. It discus...
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A Decision-Science Approach to Health-Behavior Change.

Authors: Chapman, Gretchen B. (gchapman@andrew.cmu.edu)
Source: Current Directions in Psychological Science. Oct2019, Vol. 28 Issue 5, p469-474. 6p. 1 Chart.
Document Type: Article
Subjects: PSYCHOLOGICAL factors
BEHAVIOR modification
HEALTH behavior
SOCIAL impact
DECISION making

Abstract: Behavior change has the potential to radically impact health outcomes. Successfully influencing health behavior requires an understanding of the decision processes underlying health choices and techniques to harness those psychological factors in the service of effective interventions. The way in which information is presented, social consequences of behavior, and methods for guiding behavior without trying to change beliefs and attitudes are examples of using decision science in the service of health. [ABSTRACT FROM AUTHOR]

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