

## Why is behaviour change so hard?

- Habitual neural networks become well-worn pathways.
- It takes effort and energy to develop and strengthen new neural pathways.



## Implementation intention

"If I happen, then I will do it."

# BEHAVIOUR CHANGE



## Behaviour change models

**COM-B:** Capability, Motivation, Opportunity - Behaviour  
[Micha, van Stralen & West]

**BeMAP:** Behaviour = Motivation + Ability + Prompt  
[Troy]

**Transtheoretical / stages of change model**  
[Prochaska & Di Clemente]



# Principles Of Behavior Change

**Katrin Zwirgmaier**



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## **Table of Contents Principles Of Behavior Change**

1. Understanding the eBook Principles Of Behavior Change
  - The Rise of Digital Reading Principles Of Behavior Change
  - Advantages of eBooks Over Traditional Books
2. Identifying Principles Of Behavior Change
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Principles Of Behavior Change
  - User-Friendly Interface
4. Exploring eBook Recommendations from Principles Of Behavior Change
  - Personalized Recommendations
  - Principles Of Behavior Change User Reviews and Ratings
  - Principles Of Behavior Change and Bestseller Lists

5. Accessing Principles Of Behavior Change Free and Paid eBooks
  - Principles Of Behavior Change Public Domain eBooks
  - Principles Of Behavior Change eBook Subscription Services
  - Principles Of Behavior Change Budget-Friendly Options
6. Navigating Principles Of Behavior Change eBook Formats
  - ePub, PDF, MOBI, and More
  - Principles Of Behavior Change Compatibility with Devices
  - Principles Of Behavior Change Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Principles Of Behavior Change
  - Highlighting and Note-Taking Principles Of Behavior Change
  - Interactive Elements Principles Of Behavior Change
8. Staying Engaged with Principles Of Behavior Change
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Principles Of Behavior Change
9. Balancing eBooks and Physical Books Principles Of Behavior Change
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Principles Of Behavior Change
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Principles Of Behavior Change
  - Setting Reading Goals Principles Of Behavior Change
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Principles Of Behavior Change
  - Fact-Checking eBook Content of Principles Of Behavior Change
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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