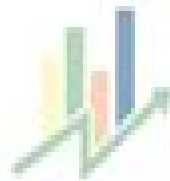


Why is behaviour change so hard?

- 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

Judd E. Hollander



Principles Of Behavior Change:

This book delves into Principles Of Behavior Change. Principles Of Behavior Change is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Principles Of Behavior Change, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Principles Of Behavior Change
 - Chapter 2: Essential Elements of Principles Of Behavior Change
 - Chapter 3: Principles Of Behavior Change in Everyday Life
 - Chapter 4: Principles Of Behavior Change in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, the author will provide an overview of Principles Of Behavior Change. The first chapter will explore what Principles Of Behavior Change is, why Principles Of Behavior Change is vital, and how to effectively learn about Principles Of Behavior Change.
3. In chapter 2, this book will delve into the foundational concepts of Principles Of Behavior Change. The second chapter will elucidate the essential principles that need to be understood to grasp Principles Of Behavior Change in its entirety.
4. In chapter 3, this book will examine the practical applications of Principles Of Behavior Change in daily life. This chapter will showcase real-world examples of how Principles Of Behavior Change can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Principles Of Behavior Change in specific contexts. The fourth chapter will explore how Principles Of Behavior Change is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Principles Of Behavior Change. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Principles Of Behavior Change.

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