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Self-Regulation in Health Behavior

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Self-Regulation in Health Behavior
This text offers a comprehensive overview of new approaches to health-related behaviour from a self-regulation perspective. The authors outline the assumptions on which self-regulation theories are based, discuss recent research and draw out the implications for practice with a particular focus on changing health behaviour. The book is arranged in two sections – Goal Setting and Goal Activation in Health Behaviour and Goal Striving and Goal Persistence. The epilogue compares self-regulation theories with the prevailing social-cognitive models.

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