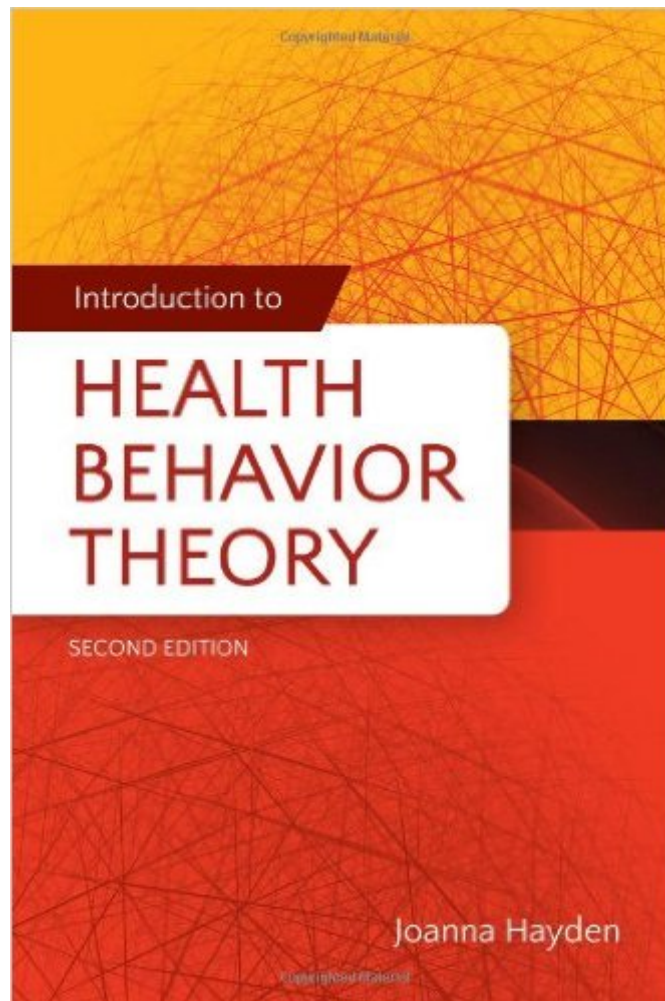


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# Introduction To Health Behavior Theory



## Synopsis

Introduction to Health Behavior Theory, Second Edition 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 concepts and constructs to enhance comprehension and encourage students to discover how these theories can be put into practice. New to the Second Edition: • Data, information, and illustrations updated throughout, including the new MyPlate • A new Theory in Action article and new classroom activities in each theory chapter • New and revised chapters on Social Ecological Models and Social Capital Theory

## Book Information

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## Customer Reviews

No complaints at all! Fast shipping, excellent packaging. Would absolutely return for future purchases!

First of all I want to say the book was in very good conditions just as described. I didn't give it full 5 stars only because shipping did take a little longer than expected, wish it could of been here a week earlier, really needed for class but had to wait a whole week. Other than that it was good.

The book was new and it came just in time. Thank you

The book was in fine condition. Happy with choice

Good book and easy to understand.

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