

Thinking About Behaviour Change: An Interdisciplinary Dialogue

Unveiling the Multifaceted Nature of Behavior Change



Behavior change is a complex and multifaceted process that has been studied by scholars from a wide range of disciplines, including psychology, sociology, anthropology, economics, and public health. In recent years, there has been growing interest in interdisciplinary approaches to behavior change, which seek to combine the insights from different disciplines to develop a more comprehensive understanding of this important topic.



Thinking About Behaviour Change: An Interdisciplinary Dialogue by Simon Christmas

★★★★★ 5 out of 5

Language : English
File size : 4282 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 174 pages
Lending : Enabled
Screen Reader : Supported
X-Ray for textbooks : Enabled



Thinking About Behaviour Change: An Interdisciplinary Dialogue is a groundbreaking new book that brings together leading experts from a variety of disciplines to explore the latest thinking on behavior change. This book provides a unique and nuanced understanding of the complex factors that influence human behavior and offers practical guidance for designing and implementing effective behavior change interventions.

Key Features of the Book

- **Comprehensive coverage** of behavior change theories, models, and interventions
- **Interdisciplinary approach** that draws on insights from psychology, sociology, anthropology, economics, and public health
- **Practical guidance** for designing and implementing effective behavior change interventions
- **Case studies** of successful behavior change interventions

- **Discussion questions** for each chapter

Who Should Read This Book?

Thinking About Behaviour Change: An Interdisciplinary Dialogue is essential reading for anyone who is interested in understanding behavior change, including:

- Researchers in psychology, sociology, anthropology, economics, and public health
- Practitioners in the fields of health promotion, education, and social work
- Policymakers who are interested in designing and implementing effective behavior change interventions
- Students in the fields of psychology, sociology, anthropology, economics, and public health

Reviews

"Thinking About Behaviour Change: An Interdisciplinary Dialogue is a major contribution to the field of behavior change. This book provides a comprehensive and nuanced understanding of the complex factors that influence human behavior and offers practical guidance for designing and implementing effective behavior change interventions. I highly recommend this book to anyone who is interested in understanding and changing behavior."

—Dr. Brian Wansink, author of Slim by Design and Mindless Eating

"Thinking About Behaviour Change: An Interdisciplinary Dialogue is a timely and important book. This book brings together leading experts from a variety of disciplines to explore the latest thinking on behavior change. The result is a comprehensive and nuanced understanding of this important topic that will be of great value to researchers, practitioners, and policymakers alike."

—Dr. Walter Mischel, author of The Marshmallow Test and The Willpower Instinct

Free Download Your Copy Today!

Thinking About Behaviour Change: An Interdisciplinary Dialogue is available now from all major book retailers. Free Download your copy today and start learning more about the complex and fascinating world of behavior change.

About the Authors

The editors of Thinking About Behaviour Change: An Interdisciplinary Dialogue are:

- **Dr. Michelle vanDellen**, Professor of Psychology at the University of Waterloo
- **Dr. Michael Dixon**, Professor of Sociology at the University of Waterloo

The authors of the book's chapters are leading experts in the field of behavior change from a variety of disciplines.

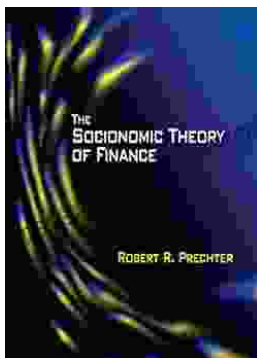
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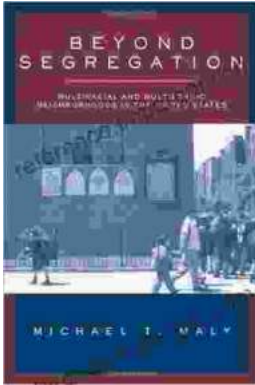
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