



Health Education: A Cognitive Behavioral Approach (The Jones and Bartlett Series in Health Sciences)

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Health Education: A Cognitive Behavioral Approach is the only text which thoroughly covers the issues of a combined cognitive-behavioral approach to health education, from both the community and school health perspective. The author carefully explores the relationship among thinking, feeling, and acting, an understanding of which is essential for successful health intervention. The primary goal of Health Education: A Cognitive-Behavioral Approach is to identify unhealthy behaviors and their cognitive supports, and then design and implement learning experiences that will be effective in bringing about change.

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