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978-1-108-49639-1 — The Handbook of Behavior Change
Edited by Martin S. Hagger , Linda D. Cameron , Kyra Hamilton , Nelli Hankonen , Taru Lintunen
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The Handbook of Behavior Change

Social problems in many domains, including health, education, social relationships, and the workplace, have their origins in human behavior. The documented links between behavior and social problems have compelled governments and organizations to prioritize and mobilize efforts to develop effective, evidence-based means to promote adaptive behavior change. In recognition of this impetus, the *Handbook of Behavior Change* provides comprehensive coverage of contemporary theory, research, and practice on behavior change. It summarizes current evidence-based approaches to behavior change in chapters authored by leading theorists, researchers, and practitioners from multiple disciplines, including psychology, sociology, behavioral science, economics, philosophy, and implementation science. It is the go-to resource for researchers, students, practitioners, and policy makers looking for current knowledge on behavior change and guidance on how to develop effective interventions to change behavior.

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University Printing House, Cambridge CB2 8BS, United Kingdom

One Liberty Plaza, 20th Floor, New York, NY 10006, USA

477 Williamstown Road, Port Melbourne, VIC 3207, Australia

314-321, 3rd Floor, Plot 3, Splendor Forum, Jasola District Centre, New Delhi - 110025, India

79 Anson Road, #06-04/06, Singapore 079906

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www.cambridge.org
Information on this title: www.cambridge.org/9781108496391
DOI: 10.1017/9781108677318

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First published 2020

A catalogue record for this publication is available from the British Library

Library of Congress Cataloging in Publication data
Names: Hagger, Martin S., author. | Cameron, Linda D. (Linda Diane), 1960– author. | Hamilton, Kyra, author. | Hankonen, Nelli, author. | Lintunen, Taru, author.
Title: The handbook of behavior change / edited by Martin S. Hagger, Linda D. Cameron, Kyra Hamilton, Nelli Hankonen, Taru Lintunen.
Other titles: Cambridge handbooks in psychology.
Description: Cambridge, United Kingdom ; New York, NY: Cambridge University Press, 2020. | Series: Cambridge handbooks in psychology | Includes bibliographical references and index.
Identifiers: LCCN 2020002958 (print) | LCCN 2020002959 (ebook) | ISBN 9781108496391 (hardback) | ISBN 9781108733670 (paperback) | ISBN 9781108677318 (ebook)
Subjects: MESH: Behavior Therapy | Behavior | Motivation | Biobehavioral Sciences
Classification: LCC RC489.B4 (print) | LCC RC489.B4 (ebook) | NLM WM 425 | DDC 616.89/142–dc23
LC record available at https://lccn.loc.gov/2020002958
LC ebook record available at https://lccn.loc.gov/2020002959

ISBN 978-1-108-49639-1 Hardback
ISBN 978-1-108-73367-0 Paperback

Additional resources for this publication at www.cambridge.org/hagger

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For Nikos

This work is dedicated to all those we lost during its creation

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Edited by Martin S. Hagger , Linda D. Cameron , Kyra Hamilton , Nelli Hankonen , Taru Lintunen
Frontmatter
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