



Empowering Health Decisions

Jerrold S. Greenberg

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Empowering Health Decisions offers a personal health text focused on essential content for students to assist them in making informed decisions about their health. This text is unique from other personal texts on the market in that it focuses on decision-making models and theories of behavior change. These models are carried throughout each chapter and will describe how it can be used to make health enhancing decisions specific to the chapter content. A key element of the text is the Health Decision Portfolio which will help students maintain their assignments, text book exercises and website content. The benefit of this portfolio is that it summarizes the student's interaction with course content and encourages the student to identify ways to lead a healthy lifestyle. Key features of this first edition include: Decision-making models and theories of behavior change Chapter exercises designed to reinforce the decision-making model Staple theories of behavior change such as: Stages of Change Theory, Social Learning Theory, Health Belief Model, and Theory of Reasoned Action Health Decision portfolio summarizes the course content and the student's interaction with content Resources: Companion website



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