



Health Behavior Change: A Guide for Practitioners, 1e

Stephen Rollnick, Pip Mason, Chris Butler

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This book is the first in its field to offer practitioners a patient-centered method for changing a patient's health behavior. Using brief, structured consultations with the client, the practitioner encourages the patient to take charge of decision-making concerning his/her health. The text clearly outlines the fundamental principles behind the method while applying it to practice.

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