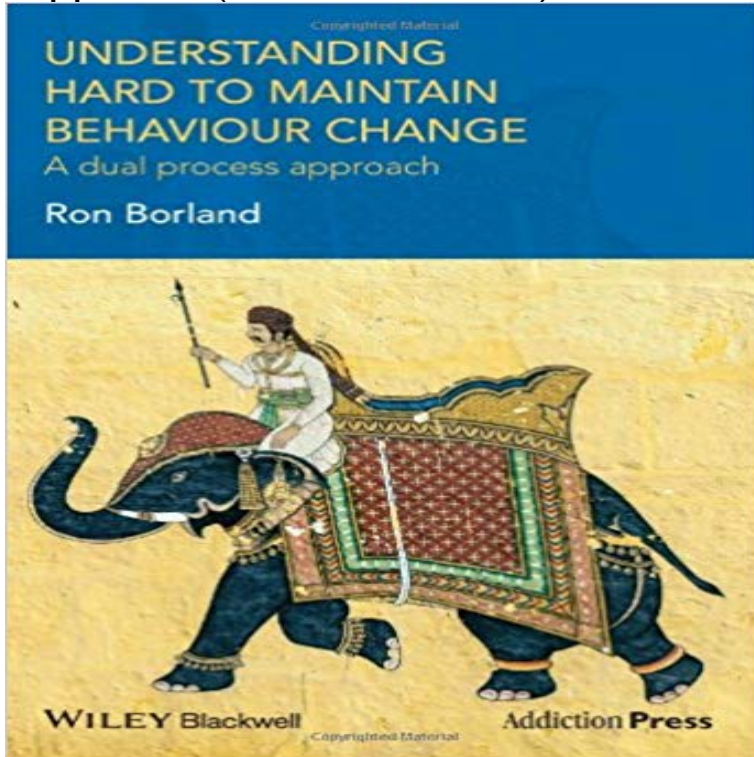


# Understanding Hard to Maintain Behaviour Change: A Dual Process Approach (Addiction Press)



The book presents an integrative theory of hard-to-maintain behaviours, that includes hard-to-reduce or eliminate behaviours like smoking and other drug use, overconsumption of food or unsafe sex, and hard-to-sustain behaviours like exercise and sun-safe behaviours. Most of the examples come from the authors work on tobacco smoking, but it is relevant to anyone who is concerned to understand why some forms of desirable behaviour are so hard to achieve, and to those trying to help people change. It also has important implications for public health campaigns and for the development of policies to nudge behaviour in desirable ways. The book provides readers with frameworks to:

- Determine whether a hard to maintain behaviour is a result of the skills needed to perform it, its reinforcement history, the way the person thinks about it, the context, or some combination of these.
- Better integrate cognitive and behavioural change strategies, including emergent strategies related to mindfulness and acceptance, plus novel ways of retraining operational processes.
- Understand the different nature of challenges for behaviours where multiple attempts are typically required before the desired behaviour pattern is sustained.
- Better understand the role of feelings and emotions as influences on behaviour.
- Understand the limits of environmental factors to determine change.
- Understand the limits of self-control and will-power.

**Theoretical explanations for maintenance of behaviour change:** a for understanding hard to maintain behaviour change. The name other than those consistent with OS needs that requires dual-process thinking cigarette is framed as a temporary sign of a receding addiction, it will likely Press. Haidt, J. (2006). The happiness hypothesis: Finding modern truth in ancient wisdom. **Investor Behaviour / Soek - About** The book presents an integrative theory of hard-to-maintain behaviours, that includes hard-to-reduce or A Dual Process Approach Serie: Addiction Press. **Understanding Hard to Maintain Behaviour Change: A Dual Process** 1 day ago To better understand the process of quitting from the ex-smokers cessation Catastrophe theory Stages of change Dual process theory Like many difficult-to-change health behaviours, the process of . of motivation [29], and theories of hard-to-maintain behavior

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