



Creating Health Behavior Change: How to Develop Community-Wide Programs for Youth (Developmental Clinical Psychology and Psychiatry)

Cheryl L. Perry

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The purpose of this book is to provide a process for the development of effective community-wide health behaviour programmes for children and adolescents. Significant behaviour change among young people across a variety of behaviors and community-based research studies has been achieved through programmes that have been created on this ten-step process.

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