

# Motivating Health Behavior

*John P. Elder, E. Scott Geller, Joni A. Mayer*  
audiobook / \*ebooks / Download PDF / ePub / DOC



#8077221 in Books Delmar Cengage Learning 1994-01-15Original language:EnglishPDF # 1 .79 x 7.64 x 9.58l, #File Name: 0827349637388 pages | File size: 41.Mb

**John P. Elder, E. Scott Geller, Joni A. Mayer : Motivating Health Behavior** before purchasing it in order to gage whether or not it would be worth my time, and all praised Motivating Health Behavior:

0 of 0 people found the following review helpful. Still a relavent Health Promotion introductory textBy J. SequoiaI first purchased this text for an introductory Health Promotion course (PH 603) at SDSU. Though the statistics and figures are dated (originally published 1994), I found this text both relavent and easy to read.Pros: Well organized, gives lots of examples which apply the concepts, and covers all the main areas of health promotion in a general but meaningful way.Cons: Statistics such as "Health People 2000" are very dated and not useful. End of chapter exercises are not very practical for the average public health student for self-review.Helpful Hint: This text lacks end of chapter review questions so I suggest using the objectives at the beginning of the chapter as quasi-questions for review.

Emphasizing "how to" modify behavior, this text provides step-by-step techniques for planing, implementation and evaluation of health promotion programs, with special emphasis on intervention.