

**UNDERSTANDING HARD TO MAINTAIN BEHAVIOUR
CHANGE: A DUAL PROCESS APPROACH (ADDICTION
PRESS)**

Renaë Chilcoat

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Understanding Hard to Maintain Behaviour Change: A Dual Process Approach The book presents an integrative theory of hard-to-maintain behaviours, that.

Q: Is Addiction a Brain Disease or a Moral Failing? A: Neither

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His work is designed to understand the impact on smokers of tobacco control policies, to help design better systems for regulating tobacco, to better Borland R. Understanding Hard to Maintain Behaviour Change: A dual-process approach. Oxford: Wiley-Blackwell, Addiction Press: ISBN

Jan 26, - Nick Heather challenges the brain disease model. This conceptualises addictive behaviour as completely involuntary and . the result of one of two different systems for information processing and in his book Understanding Hard to Maintain Behaviour Change, . Oxford: Oxford University Press.

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The final theme includes features of the social and environmental context of action which provide available options, sets incentives and disincentives, opportunity costs and cues with contingency for behavioural responses. Hill, Robert and Jennifer Harris.

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