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**Cognitive Control: Definition & Processes | Study.com**

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**The Best 13 Books About Anxiety - Healthline**

The transtheoretical model of behavior change is an integrative theory of therapy that assesses an individual's readiness to act on a new healthier behavior, and provides strategies, or processes of change to guide the individual. The model is composed of constructs such as: stages of change, processes of change, levels of change, self-efficacy, and decisional balance.

**Transtheoretical model - Wikipedia**

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### Střípky z Prostějovska - proprostejov.eu

[page iii] Foreword. BY THE SECRETARY OF STATE FOR EDUCATION AND SCIENCE AND THE SECRETARY OF STATE FOR WALES. Few subjects in the school curriculum are as important to the future of the nation as mathematics; and few have been the subject of more comment and criticism in recent years.

### Cockcroft Report (1982) - The History of Education in England

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