The Disconnected Values Model Helps Overcome Unhealthy Habits

Mark H Anshel

Middle Tennessee State University, Murfreesboro, Tennessee, USA

"benefts"

*Corresponding author: Anshel MH, Professor Emeritus, Middle Tennessee State University, Department of Health and Human Performance, Murfreesboro, Tennessee 37132, USA, Tel: +615- 631-7911; E-mail:

Received: September 27, 2016; Accepted: September 30, 2016; Published: October 5, 2016

Copyright: © 2016 Anshel MH. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

ef ective $T\ e$ influences