

Table of Contents

Table of Contents	1
Introduction.....	3
Chapter 1. Basic Principles of Behavior.....	7
Chapter 2. Proactive Behavior Shaping Strategies.....	15
Chapter 3. Reactive Behavior Shaping Strategies	25
Chapter 4. Training Tactics	29
Chapter 5. Behavioral Well-being Practices.....	41
Chapter 6. Training Projects.....	61
Chapter 7. Training Challenges and Special Cases	89
References	95
Index.....	97