



Faculty of Arts and Social Sciences
Psychology

Course Reading

Positive behavioural change

Valid from 09/01/2025

Course Code: PSAM25

Course Title: Positive behavioural change

Credits: 7.5

Degree Level: Master's level

Books

Janson, Arvid, Laninge, Niklas (2017). *Beteendedesign : psykologin som förändrar tankar, känslor och handlingar*. Stockholm: Natur & Kultur Första utgåvan

Thaler, Richard H., Sunstein, Cass R. (2022). *Nudge : the final edition*. [London]: Penguin Books Updated edition

Vetenskapliga artiklar tillkommer

Approved by the Faculty Board of Arts and Social Sciences 02/20/2025