

Nudge Start A Movement 11

Rex Miller,Phillip Williams,Michael O'Neill

The Healthy Workplace Nudge Rex Miller, Phillip Williams, Michael O'Neill, 2018-05-08 Discover how healthy buildings, culture, and people lead to high profits Organizations and employees now spend an average of \$18,000 per year per employee for health costs, a 61% increase in 10 years. Every indicator projects these costs will double before 2030. This is an unsustainable path. These costs are the tip to an even bigger iceberg, the hidden costs of time out of the office, distraction, disengagement, and turnover. The Healthy Workplace Nudge explains the findings of research on 100 large organizations that have tackled the problems of employee health costs and disengagement in five fresh ways: Well-being leads to health and high performance Wake up to the fact that 95% of traditional wellness programs fail to improve health or lower costs Behavioral economics has become a new powerful tool to nudge healthy behavior Healthy buildings are now cost effective and produce your strongest ROI to improving health Leaders who develop healthy cultures achieve sustainable high performance and employee wellbeing In addition to proving highly effective, these approaches represent a fraction of the cost sunk into traditional wellness and engagement programs. The book explains how to create a workplace that is good for people, releases them to what they do best and enjoy most, and produces great and profitable work. • Find actionable strategies and tactics you can put into use today • Retain happy, productive talent • Cut unnecessary spending and boost your bottom line • Benefit from real-world research and proven practice If you're a leader who cares about the health and happiness of your employees, a human resource professional, or a professional who develops, designs, builds, or outfits workplace environments to improve employee health and wellbeing, this is one book you'll want to have on hand.

Nudge and the Law Alberto Alemanno, Anne-Lise Sibony, 2015-09-24 Behavioural sciences help refine our understanding of human decision-making. Their insights are immensely relevant for policy-making since public intervention works much better when it targets real people rather than imaginary beings assumed to be perfectly rational. Increasingly, governments around the world are keen to rely on those insights for reshaping public interventions in a wide range of policy areas such as energy, health, financial services and data protection. When policy-making meets behavioural sciences, effective and low-cost regulations can emerge in the form of default rules, smart disclosure and simplification requirements. While behaviourally-informed intervention has a huge potential for policymaking, it also attracts legitimacy and practicability concerns. *Nudge and the Law* takes a European perspective on those issues and explores the legal implications of the emergent phenomenon of behavioural regulation by focusing on the challenges and opportunities it may offer to EU policy-making and beyond.

Nudge Richard H. Thaler, Cass R. Sunstein, 2021-08-03 An essential new edition—revised and updated from cover to cover—of one of the most important books of the last two decades, by Nobel Prize winner Richard H. Thaler and Cass R. Sunstein * More than 2 million copies sold * New York Times bestseller Since the original publication of *Nudge* more than a decade ago, the title has entered the vocabulary of businesspeople, policy makers, engaged citizens, and consumers everywhere. The book has given rise to more than 400 “nudge units” in governments around the world and countless groups of behavioral scientists in every part of the economy. It has taught us how to use thoughtful “choice architecture”—a concept the authors invented—to help us make better decisions for ourselves, our families, and our society. Now, the authors have rewritten the book from cover to cover, making use of their experiences in and out of government over the past dozen years as well as an explosion of new research in numerous academic disciplines. To commit themselves to never undertaking this daunting task again, they are calling this the “final edition.” It offers a wealth of new insights, for both its avowed fans and newcomers to the field, about a wide variety of issues that we face in our daily lives—COVID-19, health, personal finance, retirement savings, credit card debt, home mortgages, medical care, organ donation, climate change, and “sludge” (paperwork and other nuisances we don't want, and that keep us from getting what we do want)—all while honoring one of the cardinal rules of nudging: make it fun!

Beyond Nudge Benjamin Ewert, Kathrin Loer, Eva Thomann, 2023-12-15 In recent years, a wave of reforms known as ‘nudges’ or ‘behavioural interventions’ have emerged in public policy and administration. ‘Nudge’ policies are created to lightly influence groups in society to change their behaviour, using behavioural insights to solve complex policy problems. Generally, behavioural approaches focus on the psychology underlying the implementation and effects of policies in practice. First published as a special issue of *Policy & Politics* journal, this book situates these reforms within a broader tradition of methodological individualism. With contributions from international scholars, it demonstrates that when behavioural policies expand their focus beyond the individual, they have the potential to better understand, investigate, and shape social outcomes.

Nudging Public Policy Rosemarie Fike, Stefanie Haeffele, Arielle John, 2021-11-17 Given the growing popularity of behavioral economics as a means to influence the decisions that individuals make, and the increasing use of choice architecture in public policy, this book offers a critical analysis of the feasibility and limitations of this approach to public policy.

Venolymphatic Drainage Therapy - E-Book Guido F. Meert, 2016-07 The role played by the venolymphatic system, in osteopathy and elsewhere, is a central one. *Venolymphatic Drainage Therapy: an Osteopathic and Manual Therapy Approach* offers accessible and clinically relevant coverage of the subject - encompassing the thorax, abdomen, pelvis and limbs - which includes principles of examination and the effective treatment of underlying disorders. Prepared in an easy-to-follow, practical format, the first part of the volume explores the anatomy, physiology, embryology and biomechanics of the venolymphatic system. The volume then presents a variety of effective treatment options which range from the treatment of functional disorders of the diaphragm, the intraosseous fluid system, the spleen, liver and gallbladder, kidneys and ureters, to the management of problems connected with the abdominal mesenteries and abdominal organs. Richly illustrated with an abundance of artworks and photographs throughout, this volume will be ideal for osteopaths, chiropractors, physical therapists, physiotherapists and massage therapists worldwide. Clear writing style, excellent organisation and the effective use of line drawings, photographs and tables make learning easy Explains the causes of oedema and its subsequent physiological pathway, including the role of the excretory organs in its dissipation Uniquely explores the importance of the deep lymphatic and venous systems in the context of treating lymph disorders via physical methods Explores the treatment of oedema arising from deep venous and myofascial obstruction Demonstrates how enhanced lymphatic flow may improve pharmacokinetic activity Presents a philosophy of 'gentleness' which emphasises patient centred individual and holistic care Designed to enhance clinical decision making and technical skills which will allow the practitioner to develop an effective and safe treatment approach Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses in manual and related therapies

Behavioral Insights Michael Hallsworth, Elspeth Kirkman, 2020-09-01 The definitive introduction to the behavioral insights approach, which applies evidence about human behavior to practical problems. Our behavior is strongly influenced by factors that lie outside our conscious awareness, although we tend to underestimate the power of this "automatic" side of our behavior. As a result, governments make ineffective policies, businesses create bad products, and individuals make unrealistic plans. In contrast, the behavioral insights approach applies evidence about actual human behavior—rather than assumptions about it—to practical problems. This volume in the MIT Press Essential Knowledge series, written by two leading experts in the field, offers an accessible introduction to behavioral insights, describing core features, origins, and practical examples. These insights have opened up new ways of addressing some of the biggest challenges faced by societies, changing the way that governments, businesses, and nonprofits work in the process. This book shows how the approach is grounded in a concern with practical problems, the use of evidence about human behavior to address those problems, and experimentation to evaluate the impact of the solutions. It gives an overview of the approach's origins in psychology and behavioral economics, its early adoption by the UK's pioneering "nudge unit," and its recent expansion into new areas. The book also provides examples from across different policy areas and guidance on how to run a behavioral insights project. Finally, the book outlines the limitations and ethical implications of the approach, and what the future holds for this fast-moving area.

Default Nudges Patrik Michaelsen, Cass R. Sunstein, 2023-01-01 All over the world, private and public institutions have been attracted to "nudges," understood as interventions that preserve freedom of choice, but that steer people in particular directions. The most effective nudges are often "defaults," which establish what happens if people do nothing. For example, automatic enrollment in savings plans is a default nudge, as is automatic enrollment in green energy. Default rules are in widespread use, but we have very little information about how people experience them, whether they see themselves as manipulated by them, and whether they approve of them in practice. In this book, Patrik Michaelsen and Cass R. Sunstein offer a wealth of new evidence about people's experiences and perceptions with respect to default rules. They argue that this evidence can help us to answer important questions about the effectiveness and ethics of nudging. The evidence offers a generally positive picture of how default nudges are perceived and experienced. The central conclusion is simple: empirical findings strongly support the conclusion that, taken as such, default nudges are both ethical and effective. These findings, and the accompanying discussion, have significant implications for policymakers in many nations, and also for the private sector.

Open Government Daniel Lathrop, Laurel Ruma, 2010-02-08 In a world where web services can make real-time data accessible to anyone, how can the government leverage this openness to improve its operations and increase citizen participation and awareness? Through a collection of essays and case studies, leading visionaries and practitioners both inside and outside of government share their ideas on how to achieve and direct this emerging world of online collaboration, transparency, and participation. Contributions and topics include: Beth Simone Noveck, U.S. Deputy Chief Technology Officer for open government, The Single Point of Failure Jerry Brito, senior research fellow at the Mercatus Center at George Mason University, All Your Data Are Belong to Us: Liberating Government Data Aaron Swartz, cofounder of reddit.com, OpenLibrary.org, and BoldProgressives.org, When Is Transparency Useful? Ellen S. Miller, executive director of the Sunlight Foundation, Disrupting Washington's Golden Rule Carl Malamud, founder of Public.Resource.Org, By the People Douglas Schuler, president of the Public Sphere Project, Online Deliberation and Civic Intelligence Howard Dierking, program manager on Microsoft's MSDN and TechNet Web platform team, Engineering Good Government Matthew Burton, Web entrepreneur and former intelligence analyst at the Defense Intelligence Agency, A Peace Corps for Programmers Gary D. Bass and Sean Moulton, OMB Watch, Bringing the Web 2.0 Revolution to Government Tim O'Reilly, founder and CEO of O'Reilly Media, Defining Government 2.0: Lessons Learned from the Success of Computer Platforms Open Government editors: Daniel Lathrop is a former investigative projects reporter with the Seattle Post Intelligencer who's covered politics in Washington state, Iowa, Florida, and Washington D.C. He's a specialist in campaign finance and computer-assisted reporting -- the practice of using data analysis to report the news. Laurel Ruma is the Gov 2.0 Evangelist at O'Reilly Media. She is also co-chair for the Gov 2.0 Expo.

När är nudges acceptabla? William Hagman, 2018-11-27 Interventions aimed to change behavior (so called nudges) are becoming more and more popular among policymakers. However, in order to be able to effectively use nudges, it is important to understand when and why people find them acceptable. The objective of this thesis is therefore to improve the understanding of when nudges are judged to be acceptable. The thesis focuses on a model for behavioral change. The model contains two parts, nudge technique and acceptance of nudges. Nudge technique refers to how the nudge is designed to function in regard to psychological mechanism and functionality. The nudge technique part of the model is expanded and problematized from an ethical perspective in the first part of this thesis, by exemplifying psychological mechanisms behind different techniques and explaining why they might be intrusive to individuals' freedom of choice. In the second part of this thesis it is discussed why acceptance is an important component of making nudging legitimate and effective. This is followed by a discussion of how acceptance is empirically measured. The empirical part of the thesis is based on four papers which all use a quantitative online survey approach to study the judgements of nudges from the general public. Paper 1 was a first attempt to measure whether nudges which are common in the nudge literature are acceptable interventions according to the general public. We found that the nudges that were categorized as pro-self were more likely to be rated as acceptable and less likely to be perceived as intrusive to freedom of choice compared to pro-social nudges. Furthermore, the effect of decision styles and worldview on acceptance was explored. In paper 2, we explored whether the difference between acceptance found for pro-social nudges and proself nudges could be increased by framing nudges as beneficial for society or individuals. The framing had no effect on acceptance but, as in paper 1, pro-social nudges were found to be more intrusive to freedom of choice compared to pro-self framed nudges. Moreover, different nudge techniques had different rates of acceptance even with the same explicit goal for the nudges. In paper 3, we examined whether the alternative to nudges affects the perceived acceptability and intrusiveness of default-changing nudge techniques. The alternatives given to the nudges were either to enforce the intended behavioral change with legislation or to do nothing at all in order to change the behavior. We find no difference in aggregated acceptance, however, the judgements vary depending on individuals' worldview. Paper 4 explored if the choice architect's (the creator/proposer of the nudge) political affiliation affects acceptance rating for proposed nudge interventions and legislation. We find that acceptance of both nudges and legislation increases with the level of matching between people's political orientation and the choice architect's political

affiliation. Taken together, the findings suggest that there is more to creating an acceptable nudge than to merely take a nudge technique that was acceptable in one context and apply it in another. Moreover, nudges that are rated as more beneficial towards individuals compared to society at large are in general more likely to be found acceptable and less intrusive to freedom of choice. It is important to have knowledge about the target population (e.g. their decision styles, world-views, and political orientation) to avoid backfires when implementing nudges.

Research Handbook on Nudges and Society Cass R. Sunstein, Lucia A. Reisch, 2023-11-03 This timely Research Handbook offers a comprehensive examination of the growing field of nudging and its impact on society. The editors, Cass R. Sunstein and Lucia A. Reisch provide readers with a detailed exploration of the theoretical and empirical work on nudging, as well as an understanding of current and likely future developments in the field. Divided into six key thematic parts, the Research Handbook covers everything from the foundations of nudging to its use in government and private organizations.

Private Law, Nudging and Behavioural Economic Analysis Antonios Karampatzos, 2020-01-14 Offering a fresh perspective on nudging, this book uses legal paternalism to explore how legal systems may promote good policies without ignoring personal autonomy. It suggests that the dilemma between inefficient opt-in rules and autonomy restricting opt-out schemes fails to realistically capture the span of options available to the policy maker. There is a third path, namely the 'mandated-choice model'. The book is mainly dedicated to presenting this model and exploring its great potential. Contract law, consumer protection, products safety and regulatory problems such as organ donation or excessive borrowing are the setting for the discussion. Familiarising the reader with a hot debate on paternalism, behavioural economics and private law, this book takes a further step and links this behavioural law and economics discussion with philosophical considerations to shed a light on modern challenges, such as organ donation or consumers protection, by adopting an openly interdisciplinary approach. The book will be of interest to students and scholars of contract law, legal systems, behavioural law and economics, and consumer law.

How Change Happens Cass R. Sunstein, 2019-04-09 An "illuminating" book that "puts norms at the center of how we thinking about change", revealing the different ways social change occurs—for readers of Freakonomics and Thinking, Fast and Slow (The New York Times) How does social change happen? When do social movements take off? Sexual harassment was once something that women had to endure; now a movement has risen up against it. White nationalist sentiments, on the other hand, were largely kept out of mainstream discourse; now there is no shortage of media outlets for them. In this book, with the help of behavioral economics, psychology, and other fields, Cass Sunstein casts a bright new light on how change happens. Sunstein focuses on the crucial role of social norms—and on their frequent collapse. When norms lead people to silence themselves, even an unpopular status quo can persist. Then one day, someone challenges the norm—a child who exclaims that the emperor has no clothes; a woman who says "me too." Sometimes suppressed outrage is unleashed, and long-standing practices fall. Sometimes change is more gradual, as "nudges" help produce new and different decisions—apps that count calories; texted reminders of deadlines; automatic enrollment in green energy or pension plans. Sunstein explores what kinds of nudges are effective and shows why nudges sometimes give way to bans and mandates. Finally, he considers social divisions, social cascades, and "partyism," when identification with a political party creates a strong bias against all members of an opposing party—which can both fuel and block social change.

The Digital Health Self Rachael Kent, 2023-03 This is a detailed analysis of how understanding of health management past, present and future has transformed in the digital age. Since the mid-20th century, we have witnessed 'healthy' lifestyles being pushed as part of health promotion strategies, both via the state, and through health tracking tools, and narratives of wellness online. This marks a seismic shift from a public welfare state responsibility for health towards individualised practices of digital self-care. Today health has become representative of 'lifestyle correction' which is performed on social media. Putting the spotlight on neoliberalism and digital technology as pervasive tools that dictate wellness as a moral obligation, Rachael Kent critically analyses how users navigate relationships between self-tracking technologies, social media, and everyday health management.

ECGBL 2017 11th European Conference on Game-Based Learning , 2017-10-05

The Ethics of Influence Cass R. Sunstein, 2016-08-24 In recent years, 'nudge units' or 'behavioral insights teams' have been created in the United States, the United Kingdom, Germany, and other nations. All over the world, public officials are using the behavioral sciences to protect the environment, promote employment and economic growth, reduce poverty, and increase national security. In this book, Cass R. Sunstein, the eminent legal scholar and best-selling co-author of *Nudge* (2008), breaks new ground with a deep yet highly readable investigation into the ethical issues surrounding nudges, choice architecture, and mandates, addressing such issues as welfare, autonomy, self-government, dignity, manipulation, and the constraints and responsibilities of an ethical state. Complementing the ethical discussion, *The Ethics of Influence: Government in the Age of Behavioral Science* contains a wealth of new data on people's attitudes towards a broad range of nudges, choice architecture, and mandates.

Inclusion Nudges Guidebook Tinna Nielsen, Lisa Kepinski, 2016-01-21 To promote behavioural change and improve decision making, we must work with the subconscious. Inclusion Nudges target the advantages and shortcomings of our unconscious mind and decision-making processes in order to obtain the desired and needed changes. In this Guidebook, the concept and the three types of Inclusion Nudges are fully explained and illustrated with over 70 practical interventions to promote behaviour, culture, and systems change to mitigate unconscious bias and create more inclusive organisations. The Inclusion Nudges Guidebook is for those who... * Struggle with getting a change to 'stick'. * Want to improve decision making and performance. * Are challenged with translating an ideal goal into behaviors to achieve that goal. * Find it hard to understand what motivates people to make decisions. * Want to get more people engaged in their work. Everyone can learn to design Inclusion Nudges. We believe that if all internal agents of organisational change master these techniques, our actions and behaviours will better leverage the full potential of all people, thereby producing more successful organisations. For this innovative concept and work, the authors, Lisa Kepinski & Tinna C. Nielsen, have been named to The Economist's Global Diversity List as Top 10 Diversity Consultants in November 2015.

Thought and Knowledge Diane F. Halpern, Dana S. Dunn, 2022-10-25 Thought and Knowledge applies theory and research from the learning sciences to teach students the critical thinking skills that they need to succeed in today's world. The text identifies, defines, discusses, and deconstructs contemporary challenges to critical thinking,

from fake news, alternative facts, and deep fakes, to misinformation, disinformation, post-truth, and more. It guides students through the explosion of content on the internet and social media and enables them to become careful and critical evaluators as well as consumers. The text is grounded in psychological science, especially the cognitive sciences, and brought to life through humorous and engaging language and numerous practical and real-world examples and anecdotes. This edition has been streamlined with thoughtful consideration over what content to keep, what to cut, and how much new and current research to add. Critical thinking skills are presented in every chapter, empowering students to learn more efficiently, research more productively, and present logical, critical, and informed arguments. The skills are reviewed at the end of the chapter, and a complete list of skills with definitions and examples are included in the appendix. The text is supported by a companion website that features a robust set of instructor and student resources: www.routledge.com/cw/halpern. Thought and Knowledge can be used as a core text in critical thinking courses offered in departments of psychology, philosophy, English, or across the humanities and social sciences, or as a supplement in any course where critical thinking is emphasized.

Survival Scrapbook: Energy Stefan Szczelkun, 2018-03-03 The third and final volume of a collection of quirky and mostly graphic data on our basic life supports. The previous two volumes were titled *Survival Scrapbook Shelter* and *Food*. This volume *Energy* contains a prescient set of renewable energy maps of the UK and North America. Its implied call for decentralised energy production that is in control of those who need the energy, is still relevant.

How Change Happens Duncan Green, 2016 DLP, Developmental Leadership Program; Australian Aid; Oxfam.

Nudge Start A Movement 11: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have captivated audiences this year. Nudge Start A Movement 11 : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Nudge Start A Movement 11 : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Nudge Start A Movement 11 : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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