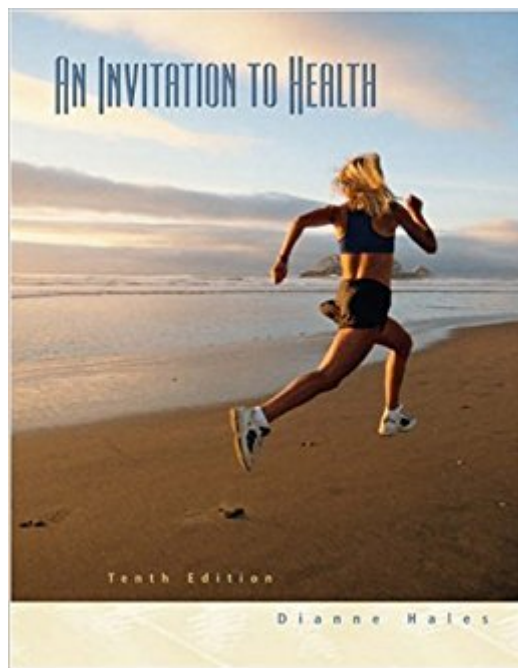




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Invitation To Health (with InfoTrac And Health, Fitness, And Wellness Internet Explorer)



Synopsis

AN INVITATION TO HEALTH, 10th Edition introduces students to research, information, and recommendations related to health and healthy lifestyles. Reviewed by over 80 instructors, this informative text focuses on change and prevention and supplies students with the lessons they'll need to make responsible healthy decisions in their daily lives.

Book Information

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Customer Reviews

"Overall, I feel that Hales', AN INVITATION TO HEALTH is a good, informative textbook. The text is well organized and detailed. I like the fact that the information is presented with the idea that an individual should assume personal responsibility for their own health. Also, the author tries to include information in each chapter that relates specifically to college students. This is helpful in capturing students' attentions and helping them to see the relevance of the information." "My overall opinion of AN INVITATION TO HEALTH is that it is a well thought out text that covers the areas necessary for an introductory health course. I like the overall emphasis on wellness and holistic health issues." "The three new features - The X and Y files, FAQs and Consumer Health Watch - are excellent additions for enhancing an individual's health awareness.(...) The reader can easily find a particular "feature" of interest for each of the chapters. The power point slides and CNN video for each chapter are especially valuable support materials."

Dianne Hales is one of the most widely published and honored health writers in the country. Her

bestselling textbooks include AN INVITATION TO HEALTH, AN INVITATION TO WELLNESS, and AN INVITATION TO PERSONAL CHANGE. Her trade books include the award-winning compendium of mental health information CARING FOR THE MIND: THE COMPREHENSIVE GUIDE TO MENTAL HEALTH; THINK THIN, BE THIN (with Doris Helmering); JUST LIKE A WOMAN: HOW GENDER SCIENCE IS REDEFINING WHAT MAKES US FEMALE; THE MIND-MOOD PILL BOOK; INTENSIVE CARING: NEW HOPE FOR HIGH RISK PREGNANCY (with Dr. Timothy Johnson); HOW TO SLEEP LIKE A BABY; THE U.S. ARMY TOTAL FITNESS PROGRAM; NEW HOPE FOR PROBLEM PREGNANCIES; and THE COMPLETE BOOK OF SLEEP. The president of Italy named Hales a "cavaliere dell'Ordine della Stella della Solidarieta Italiana" (Knight of the Order of the Star of Italian Solidarity) in recognition of her best-selling book LA BELLA LINGUA as an "invaluable tool for promoting the Italian language." Her other writing awards include prizes from the American Psychiatric Association, American Psychological Association, the National Women's Political Caucus, California Psychiatric Society, CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder), Council for the Advancement of Scientific Education, and the New York City Public Library. Her latest general audience book is biography MONA LISA: A LIFE DISCOVERED.

I ordered this book for a job interview to prepare my presentation and unfortunately I did not get the job. Great Service. Thank you

Needed the book for continuing my education, and it seems so far to be interesting enough, although I haven't had much time to dig into it. It does have some interesting self-exams that spur the individual into digging deeper into their own health related habits (good and bad), and learn to modify their behavior.

Range of topics is the following: How to change your habits, stress, spiritual and mental health, lifestyles, fitness, nutrition, weight loss, sexuality, addictive behaviors, and prevention. The book approaches health from the perspective of a young adult student. Be aware that the book does not come with the access card that is advertised inside the front cover. The access card is a separate course that you have to pay more for. If you are unsure of what you are purchasing then call to order instead of ordering online. That way you will not be disappointed when the access card is not inside the book.

Bought it for school use, was very informative and I actually enjoyed learning from this book!

My husband needed this book for a course he needed to do for teacher re-certification points and we found it online at a cheap price. The book arrived really fast so he could do his readings and it was in great condition for the price paid.

had a great teacher teaching th subject and it actually is a fun subject to learn, BUT its all about the teacher teaching the subject, it may have been a shitty book but the information the teacher gave from it made it sound amazing!

great

Very informative and well written. The author covers all aspects of health, some that I didn't even realize were health related. I read this book for a Health class, and I truly enjoyed it!!!!

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