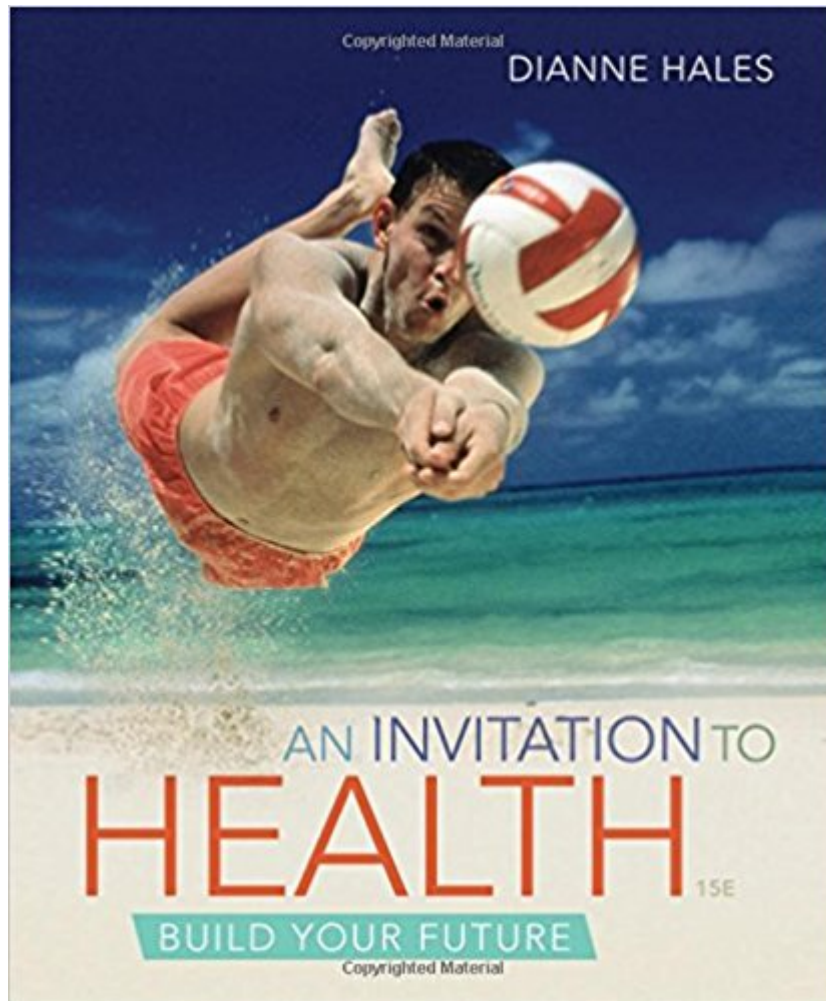




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An Invitation To Health



Synopsis

Current, comprehensive, and personal, Dianne Hales's AN INVITATION TO HEALTH: BUILD YOUR FUTURE integrates a comprehensive presentation of health concepts with a wealth of practical ways to apply them to your life--body, mind, and spirit. With the complete textbook program, you have an outstanding set of tools to help you understand the positive benefits of good health behaviors and master the steps that empower you to accomplish that change in your own life. Each chapter includes content and applications such as "Health in Action," "Your Strategies for Change," "Your Strategies for Prevention," and "Making Change Happen" sections, all of which help you on your way to setting and attaining your goals for a healthier lifestyle. Because personal choice is an important component of changing for lifelong healthy living, the text also includes "How Do You Compare" a new feature designed to let you compare your behavior patterns to those of other college students. Along the way, AN INVITATION TO HEALTH: BUILD YOUR FUTURE provides relevant examples, colorful photos, figures, and new research and statistics, as well as art, tables, and references that reflect the most current thinking on every topic. Through CengageNOW, CourseMate, and WebTutor, the text also includes a wealth of powerful learning tools to help you maximize your study efforts.

Book Information

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Customer Reviews

Dianne Hales is one of the most widely published and honored health writers in the country. Her bestselling textbooks include AN INVITATION TO HEALTH: YOUR LIFE, YOUR FUTURE. 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 bestselling book LA BELLA LINGUA as an "invaluable tool for promoting the Italian language." Her other writing awards include honors 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 the biography MONA LISA: A LIFE DISCOVERED.

Useful and practical. Easy to navigate through for quizzes and tests!

Very informative

It's the book I needed for an online class. It arrived in a timely and the quality of the book was great. The most important aspect it was very affordable, thank you !

When I got the book and first opened it it tore apart

doesn't seem like the best book for a college class. Could have found better info on the internet lol

Was in perfect condition

I wish the information in this book was required for upper elementary/high school students. It is easy to read and well presented. America's health is failing and we need to teach our young people that they need to take control of their health now.

Bought it used, but looks like new! Saved a lot of money on this textbook. Great product--Great

price.

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