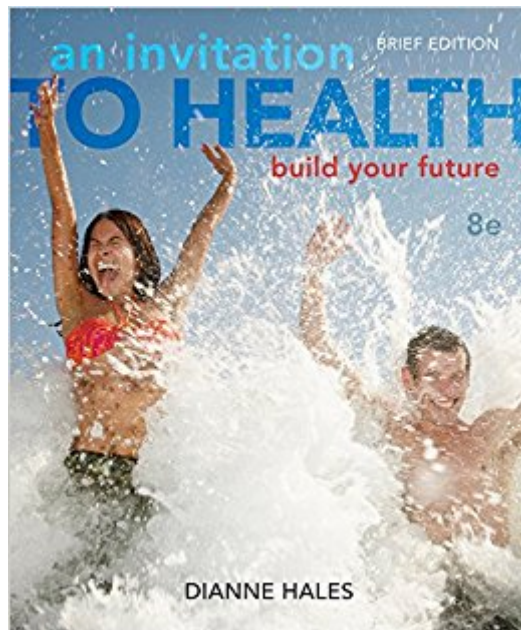




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An Invitation To Health: Building Your Future, Brief Edition (with Personal Wellness Guide)



Synopsis

Do you want to better understand how your personal health affects your daily life? Do you want to make healthier choices and change certain behaviors? Learn It and Live It with AN INVITATION TO HEALTH: BUILD YOUR FUTURE, Brief Edition. This student-oriented text helps you assess your health behaviors, encourages behavior change, and gives you practical ways to achieve it. Through its clear and engaging writing style, this text addresses current issues related to health and wellness that can affect you now and throughout your life. Delivering the most current coverage available, this book equips you with practical ideas and tools that you can immediately apply to your own life, helping you make informed decisions about your mental, emotional, and physical well-being.

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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.

Just be aware that it may or may not come with the personal wellness guide. I needed the guide for a class and rented this book, but no guide came with it. can't really do anything because it is a rental, so I suggest getting the rental of the wellness guide separate (and if you're lucky and get two, you can always return one). Don't want anyone else to be cutting it close to class times!

Excellent. Good information to learn about. I was just a little disappointed with the condition of the book. It looks old and deteriorate.

Correct book for my class. Came early and at a fantastic price!

The textbook arrived just as the semester started and I was beginning to sweat. But, it's here now with it's companion (which isn't at all necessary for the course) and the beat goes on.

Came early! Loved this book very informational and fun.

It was wrapping in plastic packaging and was received with out any damage. Wish the course was as good as the book.

great information and it helped me learn things i didn't know , it also helped me with my health class

It was a good choice to rent this book. Yeah! Always have this as an option. I'm very pleased with this.

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