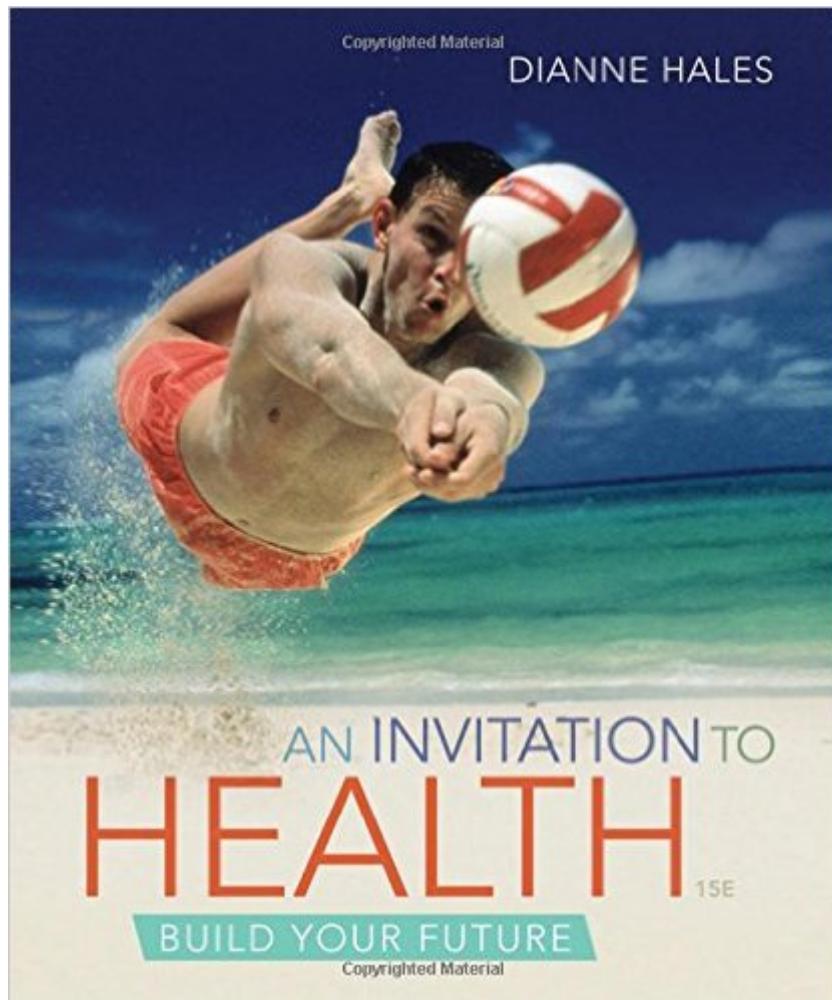


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An Invitation To Health



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 does not have a college degree. She is a trade journal author and knows nothing about health. Cengage books are low quality and overpriced. They are pushed on gullible

department Chairs. The poor students are forced to buy them. Avoid this book at all costs. Stand up and demand a better book written by a real Ph.D. Get your money back and quick. Cengage executives I have met with gloat about how they soak students who are forced into ordering all the "extras." Insel/Roth texts are written by two Ph.D.s. It is published by a legitimate company, McGraw/Hill. Unlike Cengage, they have a reputation to protect.

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.

I am very happy that [has textbook rentals](#). It was a huge help for me after returning to college this year. The book was practically new when I received it, it was in very good shape. I was so happy to be able to return it when I was done so that I didn't have a bunch of books to find space for that I didn't need anymore. It saved me so much money and it included return shipping. I enjoyed using this book too, it was very user friendly and not too technical. It covered a lot of interesting health topics and I enjoyed learning more about the different aspects of health. Great experience.

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 !

Not as described.

Great book and though we bought it used, it came in great condition. Good content and easy to read and understand.

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