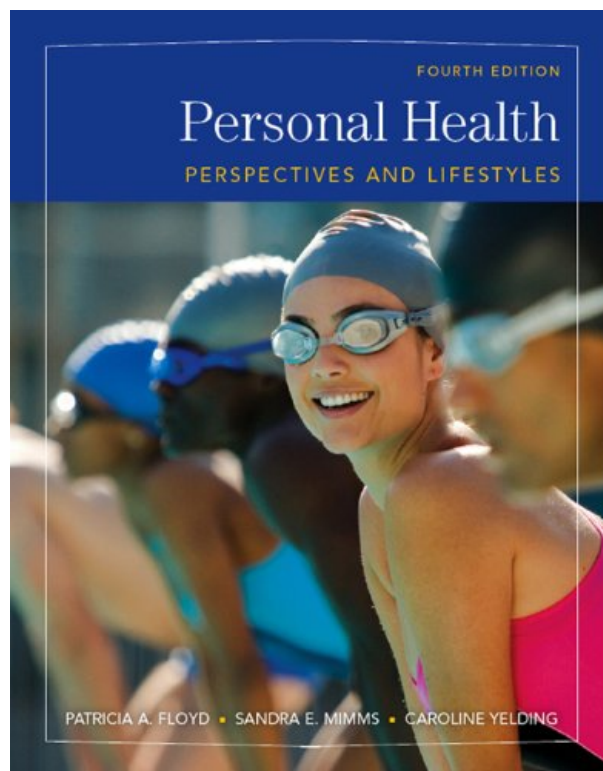
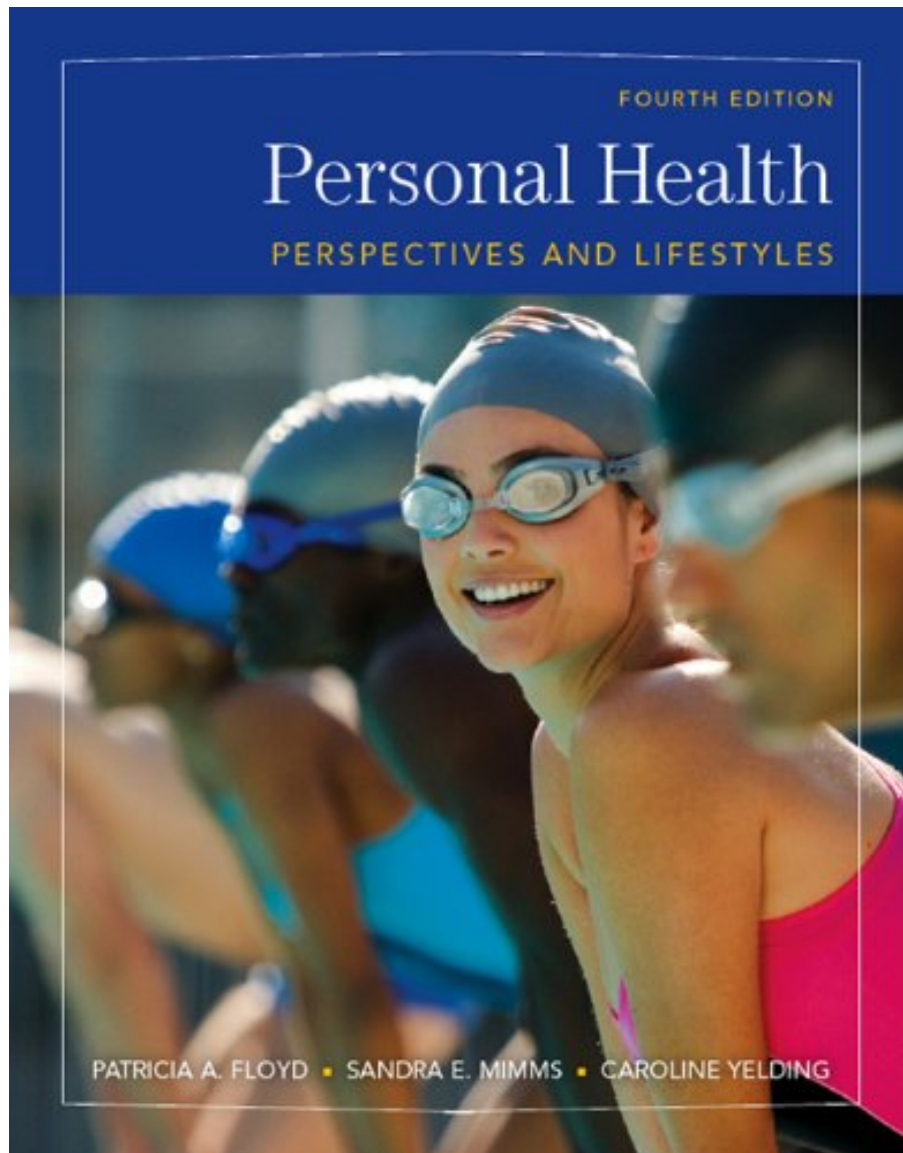


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"Contact Numbers and Email addresses are very effective and one of the unique pedagogical features of the book. Diversity coverage is covered appropriately, in both discussions and the pictorial and other presentations. A good mix is provided."

"My overall opinion of PERSONAL HEALTH LIFESTYLES AND PERSPECTIVES is that it is a well put-together, contemporary text that encompasses most of the current health issues that concern (or should concern) college students today. I like the use of color and graphics that break up text and add clarity to more important points, terms or sub-topics. The 'Tips for Action' are great 'how to' boxes that can also be used as points for discussion during class sessions."

"It seems fairly comprehensive and covers most of the primary topics I cover in my introductory course on health promotion. 'Tips for Action' can be very helpful and should be highlighted more. 'Viewpoints' really add a dimension to the static dialogue. I think the information is very appropriate for my students and it feels and reads as current."

"Overall, I found many of the features in PERSONAL HEALTH LIFESTYLES AND PERSPECTIVES to be of excellent quality. 'Sidebars' add interest and variety to the chapter, complement the information presented in the text. 'Self Assessments' - Compared to other texts, I like how they are bound in the text (as opposed to being a separate packet) and with each chapter (as opposed to being all in the back of the book). I also like the selection of assessments."

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PERSONAL HEALTH: PERSPECTIVES AND LIFESTYLES, Fourth Edition emphasizes the individual's personal responsibility for wellness by presenting general (core) and current health information to guide decision making. The focus of the text is to present health topics, including cultural, racial, ethnic, and gender diversity issues, identify risk factors, and give you useful and sensible suggestions to reduce the risk for preventable diseases and conditions in order to achieve optimal levels of wellness for yourself, your friends, and your family.

- Sales Rank: #1541074 in Books
- Published on: 2007-06-25
- Original language: English
- Number of items: 1
- Dimensions: 10.75" h x 8.25" w x .75" l, 2.55 pounds
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By Brittany Blanchard

I took a public health course in college and this text was really a great hell for what I learned in the course. I purchased the e-copy and it lets you highlight and bookmark important pages that you have to note. That's a pretty cool feature.

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Reviewing Personal Health

By H. Chichester

This textbook is a very informative book about how to maintain your health. It can be a bit on the graphic side-with pictures and description of diseases, for example-but this isn't a bad thing. It is important to know what you are up against in this world and how to keep yourself healthy.

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