

Health^{the}Basics

Fifth Edition



Rebecca J. Donatelle

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Health: The Basics (5th Edition)



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This book emphasizes the essential health information essential to develop a comprehensive understanding of health promotion and disease prevention from a behavioral management perspective. For anyone interested in health, wellness, and physical education. Enhancements include expanded psychosocial health insurance and personal fitness chapters, a new chapter on complementary and choice medicine, extended coverage of coronary disease and tumor, and the addition of three new feature boxes: Women's Wellness/Men's Health, New Horizons in Health, and Assess Yourself. Today's health research, problems, and styles are reflected throughout the thoroughly revised and up to date content. This edition continues to supply cutting-edge information readers have to make healthy decisions.



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