

Invitation To Health Hales 8th Edition

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focusing on behavior change while providing practical ways to achieve it dianne hales an invitation to health choosing to change brief edition encourages students to learn it and live it in your personal health course written by a proven author immersed in current health issues this student oriented text offers a clear and engaging writing style with helpful visuals as it provides opportunities for students to assess and change your own health behaviors and get results the seventh edition includes increased emphasis on ways to motivate to make healthy changes as well as emerging information on both men s and women s health more than a text an invitation to health choosing to change brief edition and its accompanying package is a resource for lifelong learning and skills important notice media content referenced within the product description or the product text may not be available in the ebook version

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