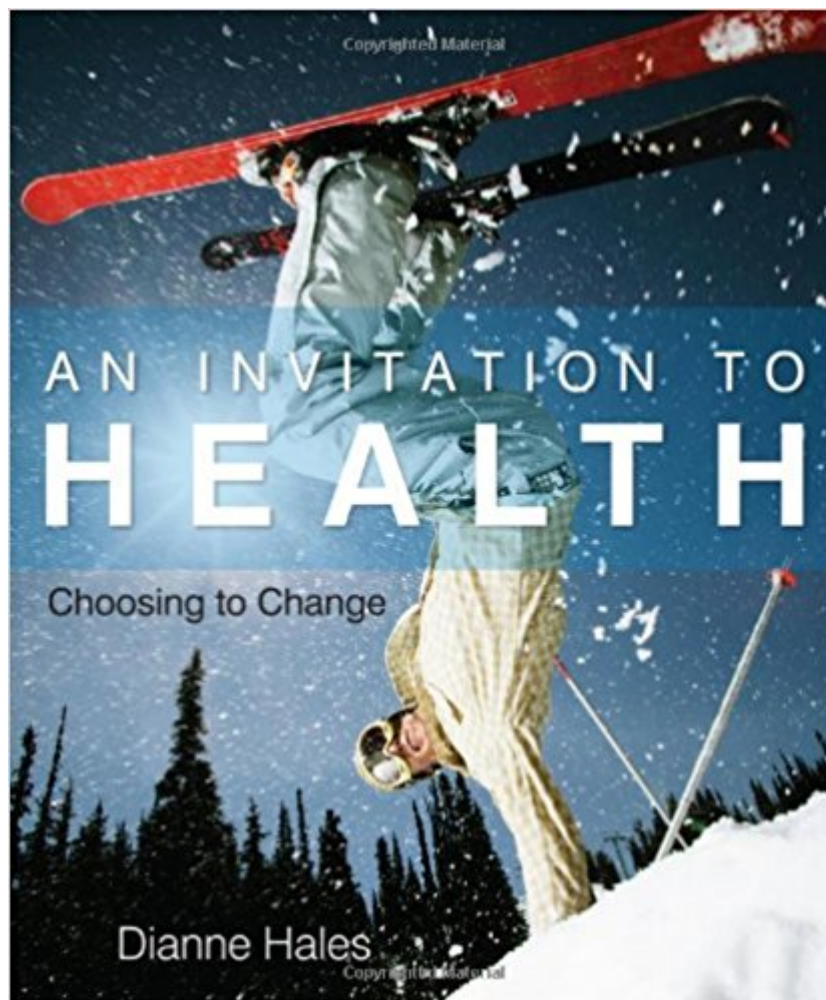




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An Invitation To Health: Choosing To Change (Available Titles CengageNOW)



Synopsis

Current, comprehensive, and personal, Dianne Hales's AN INVITATION TO HEALTH CHOOSING TO CHANGE 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 "Learn It/Live It," "Goal Setting," "Your Strategies for Change," "Your Strategies for Prevention," and "Your Life Change Coach" 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 "Reality Check" and "Point/CounterPoint," two new features designed to sharpen your critical thinking and analytical skills--the keys to making informed choices for positive change. Along the way, AN INVITATION TO HEALTH, 2009-2010 Edition, provides relevant examples, colorful photos, figures, and new research and statistics, as well as "Student Snapshots," art, tables, and references that reflect the most current thinking on every topic. Through CengageNOW, 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 is one of the most widely published and honored health writers in the country. Her bestselling textbooks include AN INVITATION TO HEALTH, AN INVITATION TO WELLNESS, and

AN INVITATION TO PERSONAL CHANGE. 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 best-selling book LA BELLA LINGUA as an "invaluable tool for promoting the Italian language." Her other writing awards include prizes 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 biography MONA LISA: A LIFE DISCOVERED.

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