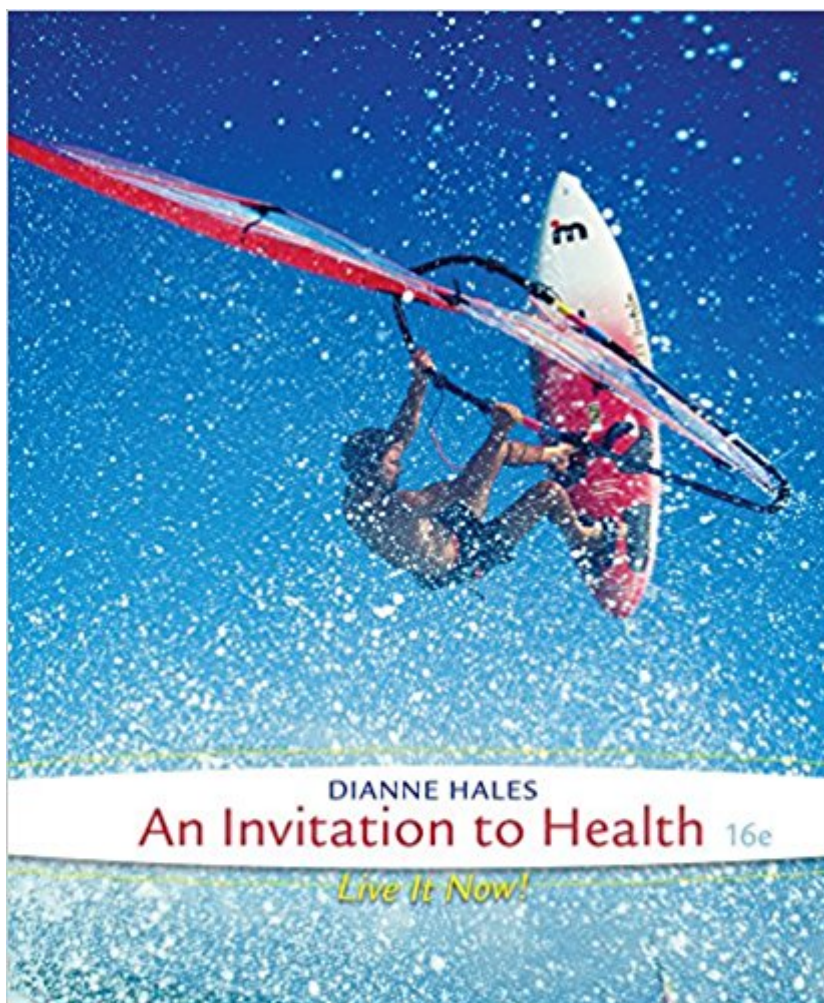


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Cengage Advantage Books: An Invitation To Health



Synopsis

In this new edition of the market-leading personal health text, Dianne Hales invites you to a future of healthy living by providing the information and tools they need to make healthy changes NOW. Delivering the most current and thorough coverage available, AN INVITATION TO HEALTH: Live it Now! integrates a comprehensive range of health concepts related to body, mind, and spirit with a wealth of applications for students' lives, including a new chapter on Consumer Health. Through MindTap, the text also includes a wealth of powerful learning tools to help you maximize your study efforts.

Book Information

Series: Cengage Advantage Books

Loose Leaf: 704 pages

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Shipping Weight: 2.8 pounds

Average Customer Review: 3.8 out of 5 stars 26 customer reviews

Best Sellers Rank: #108,860 in Books (See Top 100 in Books) #52 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #67 in Books > Medical Books > Nursing > Medical Nutrition #1071 in Books > Health, Fitness & Dieting > Nutrition

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: YOUR LIFE, YOUR FUTURE. 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 bestselling book LA BELLA LINGUA as an "invaluable tool for promoting the Italian language." Her other writing awards include honors 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 the biography MONA LISA: A LIFE DISCOVERED.

It's okay, most of the knowledge in the book are common things you should know. Or subjects a quick google search could answer. This was required for one of my classes and we talked about chapters in class. I will say that the book gave some nice points in topics our class could talk about.

While I didn't fully read this textbook during my time in the course it was required for, much of what I read was pretty much common knowledge, with certain pieces being a bit outdated/

good quality. I got the binder version and it was still nice. used too. Love the contents. I used this for an online course.

Bought "brand new". Came without access code and has signs of being used.

Book as described. Very satisfied.

it was the exact book required for the class as a cheaper rate than the school bookstore.

College book. Enough said

Great price for school!

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