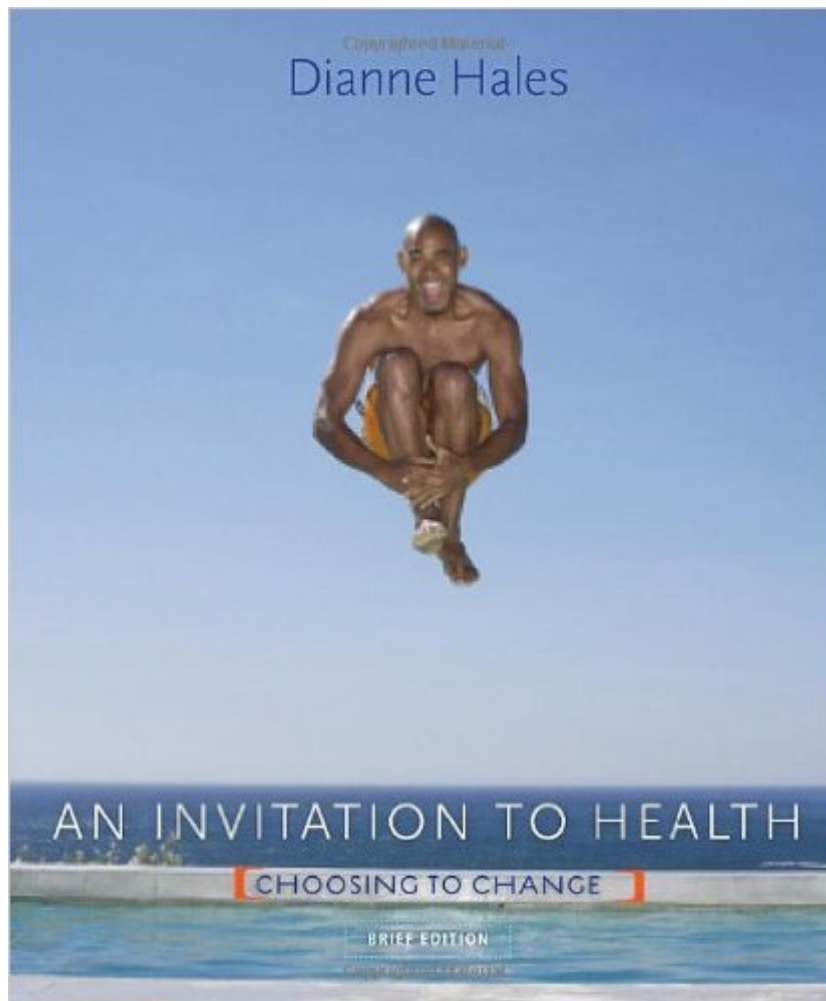


The book was found

An Invitation To Health: Choosing To Change, Brief Edition (with Personal Wellness Guide) (Available Titles Diet Analysis Plus)



Synopsis

Do you want to better understand how your personal health affects your daily life? Do you want to make healthier choices and change certain behaviors? Learn It and Live It with AN INVITATION TO HEALTH: CHOOSING TO CHANGE, Brief Edition. This student-oriented text helps you assess your health behaviors, encourages behavior change, and gives you practical ways to achieve it. Through its clear and engaging writing style, this text addresses current issues related to health and wellness that can affect you now and throughout your life. Delivering the latest health guidelines, research, and trends, AN INVITATION TO HEALTH: CHOOSING TO CHANGE equips you with practical ideas and tools that you can immediately apply to your own life, helping you make informed decisions about your mental, emotional, and physical wellbeing.

Book Information

Series: Available Titles Diet Analysis Plus

Paperback: 544 pages

Publisher: Cengage Learning; 7 edition (January 1, 2011)

Language: English

ISBN-10: 1111425426

ISBN-13: 978-1111425425

Product Dimensions: 10.8 x 9 x 0.9 inches

Shipping Weight: 2.8 pounds (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #733,309 in Books (See Top 100 in Books) #110 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #158 in [Books > Medical Books > Nursing > Medical Nutrition](#) #4321 in [Books > Health, Fitness & Dieting > Nutrition](#)

Customer Reviews

It's a nice book and everything, but it's intended for college freshmen learning to live away from home for the very first time. It's basic "Freshmen 101". So, sure, get it for your high school senior to read over the summer before leaving home. It's got chapters on how to eat right and drinking responsibly, sex ed, stress, and the basic health information that a college freshman needs. It comes with a silly little workbook. The only real issue with the book is that I am NOT the target demographic and it was required for an upper level college course. Not the book's fault.

Purchased for a health class. Book has a lot of good information, but the flow of reading is

interrupted by tons and TONS of statistics and it's hard to get through an entire chapter without becoming bored and exhausted. I would discourage teachers from using this book. I normally enjoy reading, but coming across numbers and figures in every other sentence becomes quite demanding.

This book, which was required for a class I took, is so mind boglingly stupid that I cant help but wonder if my teacher chose to use this text in class in an attempt to teach via reverse psychology. F F\$%@ing minus to the authors.

Has the normal wear and tear on the outside from not being a paper back. Unless you want a perfect book and want to buy brand new, this book is in great condition. I got the book fairly quickly, I believe it took over a week. No highlighting or marks inside.

This Hales text is more worthless than what you find in musty old basements or dirty garages because that is exactly the vintage books that Hales had her \$4/hour contractors in India copy this text from. What else would explain there being no mention of glaucoma, presbyopia, prions, or the ozone layer or one hundred other medical discoveries in any of Hale's books? Very few of Hale's books ever get read. They are purchased because Cengage, the unscrupulous publisher, over aggressively makes dirty deals with department chairs to foist these books on students by telling them they are required. Adjuncts have to use them or get fired. The writing is just silly. What would you expect when the author, Dianne Hales, is a college drop-out? She will say go to my link and see I have a masters but you follow her link and there is NOTHING about this phantom degree she claims to have. You want to get books authored by Ph.Ds who actually went to college and stayed there more than one year and then went onto get advanced degrees. I taught this book for one semester. It took about a week for the students to discover that the book was a sham and they stopped reading it. In fact, after having had to pay over \$100 for the book then \$17 for on-line connection, and then \$17 for the test bank their spirits were broken to know that the school had ripped them off. Half the faculty quit rather than continue to teach from this imposter text. **DO NOT PURCHASE THIS OR ANY OTHER TEXT BY HALES UNDER ANY CIRCUMSTANCES. TOTAL RIP OFF!!!!**

I purchased this book for my daughter's college class this past spring. It was in excellent condition and substantially less expensive than the college bookstore. Very happy with it.

Bought this used for very cheap. Was in great condition and arrived quickly. Text books are so expensive so it is nice to be able to buy some on for a fraction of the price.

It's perfectly fine as a school book. Not exactly something I would read in my spare time for leisure. Hence the average rating.

[Download to continue reading...](#)

An Invitation to Health: Choosing to Change, Brief Edition (with Personal Wellness Guide) (Available Titles Diet Analysis Plus) Personal Wellness Guide for Hales' An Invitation to Health: Choosing to Change, Brief Edition, 8th Community Nutrition in Action: An Entrepreneurial Approach (Available Titles Diet Analysis Plus) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Colon Health and Wellness: The Ultimate Guide to Colon Health the Natural Way (Colon Health, Colon Cleanse, Colon Cancer, Colon Health Guide, Colon Diet, Colorectal cancer, Colon Cleansing) Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Microsoft Windows XP: Brief Concepts and Techniques (Available Titles Skills Assessment Manager (SAM) - Office 2007) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) MindTap Health, 1 term (6 months) Printed Access Card for Hales' An Invitation to Health: Building Your Future, Brief Edition, 8th (MindTap Course List) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook) Ketogenic Diet Mistakes: You Wish You Knew (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline: An Invitation to a Life of Spiritual Disciplines (Pocket Classics) An Invitation to Health: Live It Now! Brief Edition Ketogenic Diet: 21 Days for Rapid Weight Loss, Increase your Energy And Live Healthy Lose Up To a Pound a Day (ketogenic diet, ketogenic

diet for beginners, ... diet mistakes, diet plan, diet guide) Ketogenic Diet: Ketogenic Diet Weight Loss Mistakes to Avoid: Step by Step Strategies to Lose Weight and Feel Amazing (Ketogenic Diet, Ketogenic Diet Beginners Guide, Low Carb diet, Paleo diet) South Beach Diet: The SOUTH BEACH DIET Beginners Guide - How To Lose Weight And Feel Awesome With The South Beach Diet!: (south beach diet, south ... diet recipes, south beach diet cookbook) ATKINS: Atkins Diet - A 14-Day Atkins Diet Plan For A Simple Start (A Guide To The Atkins Diet Plus A Diet Plan To Achieve Your Weight Loss Goals)

[Dmca](#)