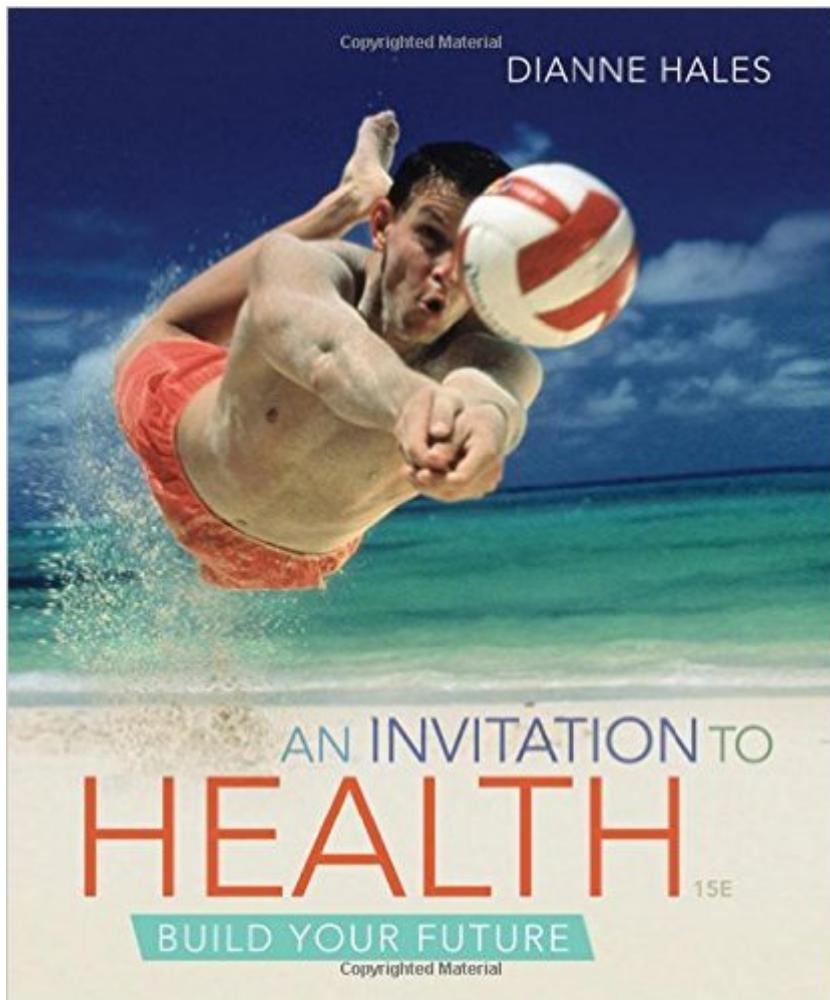


The book was found

# An Invitation To Health



## **Synopsis**

Current, comprehensive, and personal, Dianne Hales's **AN INVITATION TO HEALTH: BUILD YOUR FUTURE** 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 "Health in Action," "Your Strategies for Change," "Your Strategies for Prevention," and "Making Change Happen" 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 "How Do You Compare" a new feature designed to let you compare your behavior patterns to those of other college students. Along the way, **AN INVITATION TO HEALTH: BUILD YOUR FUTURE** provides relevant examples, colorful photos, figures, and new research and statistics, as well as art, tables, and references that reflect the most current thinking on every topic. Through CengageNOW, CourseMate, and WebTutor, the text also includes a wealth of powerful learning tools to help you maximize your study efforts.

## **Book Information**

Paperback: 720 pages

Publisher: Cengage Learning; 15 edition (January 1, 2012)

Language: English

ISBN-10: 1111827001

ISBN-13: 978-1111827007

Product Dimensions: 10.8 x 8.9 x 1 inches

Shipping Weight: 3.3 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ  See all reviewsÂ  (26 customer reviews)

Best Sellers Rank: #190,584 in Books (See Top 100 in Books) #45 inÂ  Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #59 inÂ  Books > Medical Books > Nursing > Medical Nutrition #83 inÂ  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Nutrition

## **Customer Reviews**

Dianne Hales does not have a college degree. She is a trade journal author and knows nothing about health. Cengage books are low quality and overpriced. They are pushed on gullible

department Chairs. The poor students are forced to buy them. Avoid this book at all costs. Stand up and demand a better book written by a real Ph.D. Get your money back and quick. Cengage executives I have met with gloat about how they soak students who are forced into ordering all the "extras." Insel/Roth texts are written by two Ph.D.s. It is published by a legitimate company, McGraw/Hill. Unlike Cengage, they have a reputation to protect.

I wish the information in this book was required for upper elementary/high school students. It is easy to read and well presented. America's health is failing and we need to teach our young people that they need to take control of their health now.

I am very happy that [has textbook rentals](#). It was a huge help for me after returning to college this year. The book was practically new when I received it, it was in very good shape. I was so happy to be able to return it when I was done so that I didn't have a bunch of books to find space for that I didn't need anymore. It saved me so much money and it included return shipping. I enjoyed using this book too, it was very user friendly and not too technical. It covered a lot of interesting health topics and I enjoyed learning more about the different aspects of health. Great experience.

It's the book I needed for an online class. It arrived in a timely and the quality of the book was great. The most important aspect it was very affordable, thank you !

Not as described.

Great book and though we bought it used, it came in great condition. Good content and easy to read and understand.

Good helpful book about health. I learned a lot from difference service and issues via this text book.

Bought it used, but looks like new! Saved a lot of money on this textbook. Great product--Great price.

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

Mudhouse Sabbath: An Invitation to a Life of Spiritual Discipline: An Invitation to a Life of Spiritual Disciplines (Pocket Classics) MindTap Health, 1 term (6 months) Printed Access Card for Hales' An Invitation to Health: Building Your Future, Brief Edition, 8th (MindTap Course List) Macrobiotics: An

Invitation to Health and Happiness Cengage Advantage Books: An Invitation to Health An Invitation to Health 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 An Invitation to Health: Live It Now! Brief Edition 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) Aha Guide to the Health Care Field 2009 Edition: United States Hospitals, Health Care Systems, Networks, Alliances, Health Organizations, Agencies, ... Association Guide to the Health Care Field) Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community) Who Needs Theology?: An Invitation to the Study of God An Invitation to Indian Cooking An Invitation to the Garden: Seasonal Entertaining Outdoors Invitation to the Life Span Complete Sonatas, Invitation to the Dance and Other Piano Works (Dover Music for Piano) Invitation to Public Speaking, 4th Edition Invitation to Public Administration Invitation to the Life Span with Updates on DSM-5 Loose-leaf Version for Invitation to the Life Span with DSM5 Update

[Dmca](#)