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An Invitation to Health

An Invitation to Healthasks you to go beyond thinking about your health to taking charge and making healthy choices for yourself and your future. This book is both aboutand for you: It includes material on your mind and your body, your spirit and your social ties, your needs and your wants, your past and your potential.

An Invitation to Health, 15th ed.

From physical and mental to social and sexual, Dianne Hales' AN INVITATION TO HEALTH: YOUR LIFE, YOUR FUTURE helps students achieve a healthier lifestyle now and in the future.

An Invitation to Health: 9781337392891: Medicine & Health ...

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An Invitation to health : choosing to change (Book, 2014 ...

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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.

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