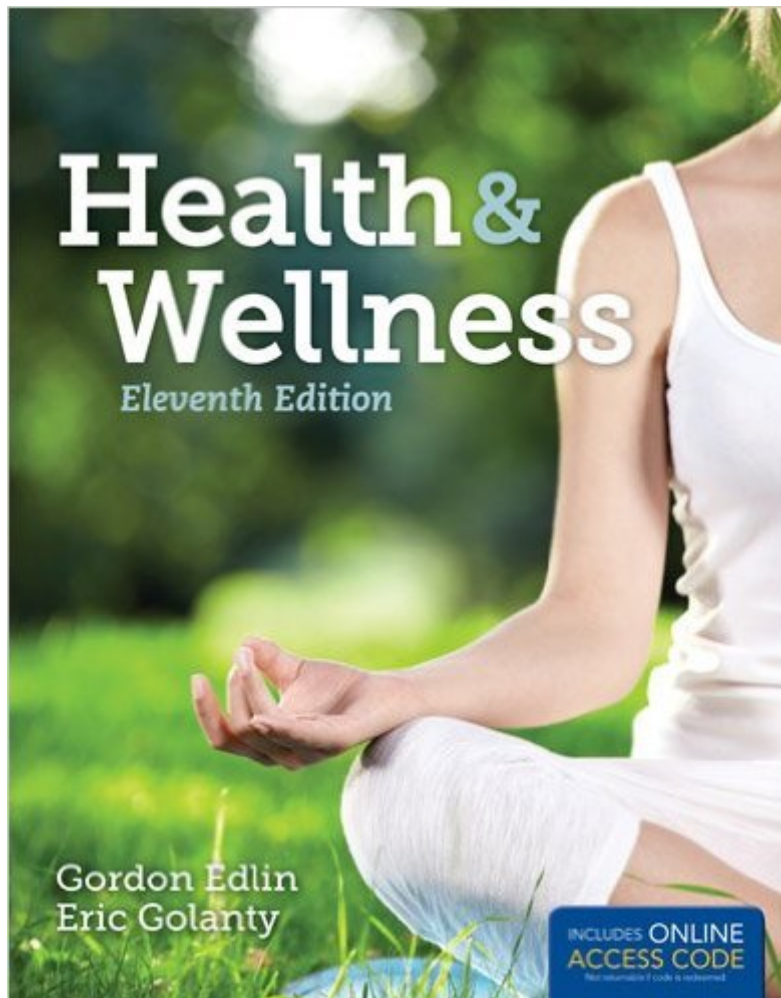


The book was found

Health & Wellness, 11th Edition



Synopsis

Revised and updated throughout with the latest data and statistics, the Eleventh Edition of Health & Wellness engages students with specific tips and guidelines to help them evaluate and improve their health habits. The text, along with the accompanying website, encourages students to learn the skills they need to enhance the quality and longevity of their life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior. The For Your Health Study Guide and Self-Assessment Workbook is now available in the back of the book at no additional cost. Perforated pages allow lab activities to be submitted for evaluation and grading.

Book Information

Paperback: 775 pages

Publisher: Jones & Bartlett Learning; 11th edition (November 23, 2012)

Language: English

ISBN-10: 1449687105

ISBN-13: 978-1449687106

Product Dimensions: 1.2 x 8.2 x 10.8 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (54 customer reviews)

Best Sellers Rank: #79,039 in Books (See Top 100 in Books) #552 in Books > Textbooks > Medicine & Health Sciences > Allied Health Services #619 in Books > Medical Books > Allied Health Professions #12485 in Books > Health, Fitness & Dieting

Customer Reviews

I ordered this book as the text for a class on Wellness Principles and I had hoped that this book would be a source of useful information about healthy living in all aspects of life, but I haven't gotten past the first chapter of this book yet and already I feel like I am reading a government policy news release. If the rest of this book follows the model evident in this opening chapter I will be deeply disappointed. So far I am finding that well-researched data is secondary in importance to advocating for government policy, specifically the "Healthy People 2010" plan released by the government. Most of the first chapter is focused on this plan, missing the opportunity to discuss in any meaningful way how college students and everyone else can make healthy decisions, focusing on the less than 5% of college students not using contraceptives rather than on the ever increasing problems

resulting in the binge-drinking and general alcohol abuse that is such a problem among college students that leads to unprotected sex, violence, car accidents, etc. When discussing eating healthy it avoids ideas such as learning to recognize healthy option even when one is in a hurry and has to drive-thru and goes instead with inflammatory claims that fast food vendors are purveyors of Type 2 Diabetes knowingly damaging their customers' health to make a profit. The the insistence that "fatty foods" are the cause of all of America's worst health risks not caused by tobacco, a claim that has been in doubt for more than the last 3 years, but this book sells it as incontrovertible fact, is worrisome enough, but that it also claims that Diabetes is treated with low fat diets and drugs, making no mention at all about carbohydrate intake and the use of the glycemic index is distressingly inaccurate.

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

Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness Health & Wellness, 11th 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) The Wellness Doctor's Guide to Preventing and Reversing Osteoporosis (The Wellness Doctor Series Book 1) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Health and Wellness for Life (Health on Demand) Health and Wellness for Life With Online Study Guide (Health on Demand) Christian Paths to Health and Wellness-2nd Edition 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 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) Jonas and Kovner's Health Care Delivery in the United States, 11th Edition Health, Wellness, and Physical Fitness, Grades 5 - 8 Avocado Smoothie Recipes for Holistic Health and Wellness Cooking With Coconut Oil Vol. 1 - 50 Coconut Oil Recipes Promoting Health, Wellness, & Beauty - Coconut Oil Cookbook - Coconut Oil Uses - Coconut Oil (Coconut Oil Diet And Recipes) Attention Deficit Disorder: The Unfocused Mind in Children and Adults (Yale University Press Health & Wellness) Blood Type Diet: A Starter Guide: Eating Based on Blood Type for Health and Wellness Dr. M's Seven-X Plan for Digestive Health: Acid Reflux, Ulcers, Hiatal Hernia, Probiotics, Leaky Gut, Gluten-free Gastroparesis, Constipation, Colitis, ... & more (Digestive Wellness Book 1) Camp Like a Girl: Finding Health and Wellness in Nature. A cargo van conversion

story. Seasonal Wellness: How Weather Conditions Affect Your Health

[Dmca](#)