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By April Lynch, Barry Elmore, Jerome Kotecki

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Health: Making Choices for Life distinguishes itself by speaking your language and helping you to apply the material to your life and implement real behavior change. Built from the ground up with student-generated content and incorporating technology that students use, this is the health book that you can relate to—the one that will inspire you to choose a healthy lifestyle.

The student-savvy approach is demonstrated in many different ways throughout the text and is built on an ultra-modern, magazine-style design with appealing photos and visuals that encourage you to read. Additionally, student stories in both the text and online provide real-life examples of important health issues. Unique, practical tools like the Choosing to Change Worksheets walk you through the steps of behavior change and help you to make informed decisions about your lifestyle choices. Lastly, the authors employ a conversational writing style that speaks directly to you while maintaining quality content and excellent academic rigor.

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Health: Making Choices for Life By April Lynch, Barry Elmore, Jerome Kotecki Bibliography

- Sales Rank: #654293 in Books
- Published on: 2012-12-31
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 10.70" h x 1.00" w x 9.60" l, 3.70 pounds
- Binding: Paperback
- 720 pages

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