



Choosing Health (2nd Edition)

By April Lynch, Barry Elmore, Jerome Kotecki



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The Brief Text that Speaks the Language of Students Today

Choosing Health uses real-life applications, behavior change tools, and mobile technologies to speak to students better than any other brief personal health textbook. With its magazine-style design and inclusion of real student stories (both online and in the printed material), this text is the one that you can most relate to—and the one that will most inspire you to choose a healthy lifestyle.

Now included with ***Choosing Health***, MasteringHealth™ is an online homework, tutorial, and assessment product designed to improve results by helping you quickly master concepts. You can benefit from self-paced tutorials that feature immediate wrong-answer feedback and hints that emulate the office-hour experience to help keep you on track and prepared for lecture.

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This program presents a better teaching and learning experience—for you. It will help:

- **Personalize learning with MasteringHealth:** MasteringHealth coaches you through the toughest health topics. Engaging tools help you visualize, practice, and understand crucial content, from the basics of health to the fundamentals of behavior change.
- **Become engaged with relatable student stories:** Real student stories illustrate why you should care about your health.
- **Bring content alive with integrated media:** Health Online links throughout the text, student videos, and mobile technologies encourage you to take a more active role in improving their health.
- **Encourage behavior change:** Unique, practical tools like the new Choosing to Change Worksheets help you make informed decisions about your lifestyle choices.
- **Make reading and learning about health accessible and visually appealing:** A magazine-style design with more photos and visual appeal encourages you to read, while the conversational writing style is student-friendly without sacrificing academic rigor.
- **Updated content such as** the additional electronic chapters on sleep and environmental health provide important relevant information on topics.

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Editorial Review

About the Author

April Lynch is an award-winning author and journalist who specializes in health, science, and genetics. During her tenure with the *San Jose Mercury News*, the leading newspaper of Silicon Valley, she served as the Science and Health editor, focusing the paper's coverage on personal health and disease prevention. She has also worked as a writer and editor for the *San Francisco Chronicle*. April has written numerous articles on personal health, medical and scientific advances, consumer issues, and the ways that scientific breakthroughs are redefining our understanding of health. She has been a frequent contributor to leading university textbooks covering applied biology, nutrition, and environmental health and science. Together with a leading genetic counselor, April is the co-author of the *Genome Book*, a hands-on guide to using genetic information in personal health decisions. Her work has won numerous awards from organizations such as the Society of Professional Journalists, the California Newspaper Publishers Association, and the Associated Press. Her current interests include a focus on how people receive and interact with health information online. She lives in San Francisco with her husband and children.

Barry Elmore obtained a BS from Mount Olive College and an MA in Health Education at East Carolina University, where he was a merit scholar. Barry has extensive experience in the field of community health with particular focus on sexually transmitted diseases. He served as the Executive Director of the Pitt County AIDS Service Organization, the third largest AIDS Service Organization in North Carolina, before beginning his teach career and worked as a health educator in the non-profit sector for nearly 20 years. He is a member of the American Public Health Association (APHA), the society for Public Health Education (SOPHE), and the North Carolina Association for Research in Education (NCARE), Barry has been recognized for outstanding teaching by his department, college, and university.

Tanya Morgan is an Associate Professor and Masters of Public Health Program Director for Health Care Management at West Chester University. She received her Ph.D. in Health Policy and Administration from the University of North Carolina at Chapel Hill. Tanya has traveled around the world to teach and consult in locations as diverse as Oxford University, England; Guizhou University, China; and La Paz, Bolivia. In addition to her global interests, Tanya's research focuses on underserved populations, women's health issues, and health care access. In honor of her research efforts, Tanya was awarded the Southern Academy of Women in Physical Activity, Sport, and Health (SAWPASH) Young Scholars Award. She is actively involved in health advocacy and currently serves as chairperson for the Society for Public Health Education (SOPHE) Health Advocacy Committee and is a member of the Health Promotion Advocates Grassroots Committee. Tanya's interaction with her students in the classroom continually encourages her work. It is her desire that this textbook will help motivate the health behavior change that will increase the longevity of the millennial generation.

Users Review

From reader reviews:

Brad Black:

Now a day individuals who Living in the era exactly where everything reachable by talk with the internet

and the resources included can be true or not need people to be aware of each info they get. How many people to be smart in getting any information nowadays? Of course the answer then is reading a book. Examining a book can help persons out of this uncertainty Information especially this Choosing Health (2nd Edition) book as this book offers you rich information and knowledge. Of course the knowledge in this book hundred per cent guarantees there is no doubt in it everybody knows.

Michael Griffin:

This book untitled Choosing Health (2nd Edition) to be one of several books in which best seller in this year, here is because when you read this book you can get a lot of benefit into it. You will easily to buy this specific book in the book shop or you can order it by using online. The publisher of the book sells the e-book too. It makes you easier to read this book, since you can read this book in your Mobile phone. So there is no reason to you to past this reserve from your list.

Sam Current:

The actual book Choosing Health (2nd Edition) will bring you to definitely the new experience of reading the book. The author style to spell out the idea is very unique. When you try to find new book to see, this book very appropriate to you. The book Choosing Health (2nd Edition) is much recommended to you to read. You can also get the e-book from the official web site, so you can quickly to read the book.

Michelle Morrow:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you want to try to find a new activity that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book Choosing Health (2nd Edition) it is extremely good to read. There are a lot of folks that recommended this book. These were enjoying reading this book. Should you did not have enough space to deliver this book you can buy often the e-book. You can m0ore very easily to read this book from your smart phone. The price is not very costly but this book offers high quality.

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