

[PDF] An Invitation To Health: Building Your Future, Brief Edition (with Personal Wellness Guide)

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Description:

Do you want to better understand how your personal health affects your daily life? Do you want to make healthier choices and change certain behaviors? Learn It and Live It with AN INVITATION TO HEALTH: BUILD YOUR FUTURE, Brief Edition. This student-oriented text helps you assess your health behaviors, encourages behavior change, and gives you practical ways to achieve it. Through its clear and engaging writing style, this text addresses current issues related to health and wellness that can affect you now and throughout your life. Delivering the most current coverage available, this

book equips you with practical ideas and tools that you can immediately apply to your own life, helping you make informed decisions about your mental, emotional, and physical well-being. Available with InfoTrac Student Collections
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