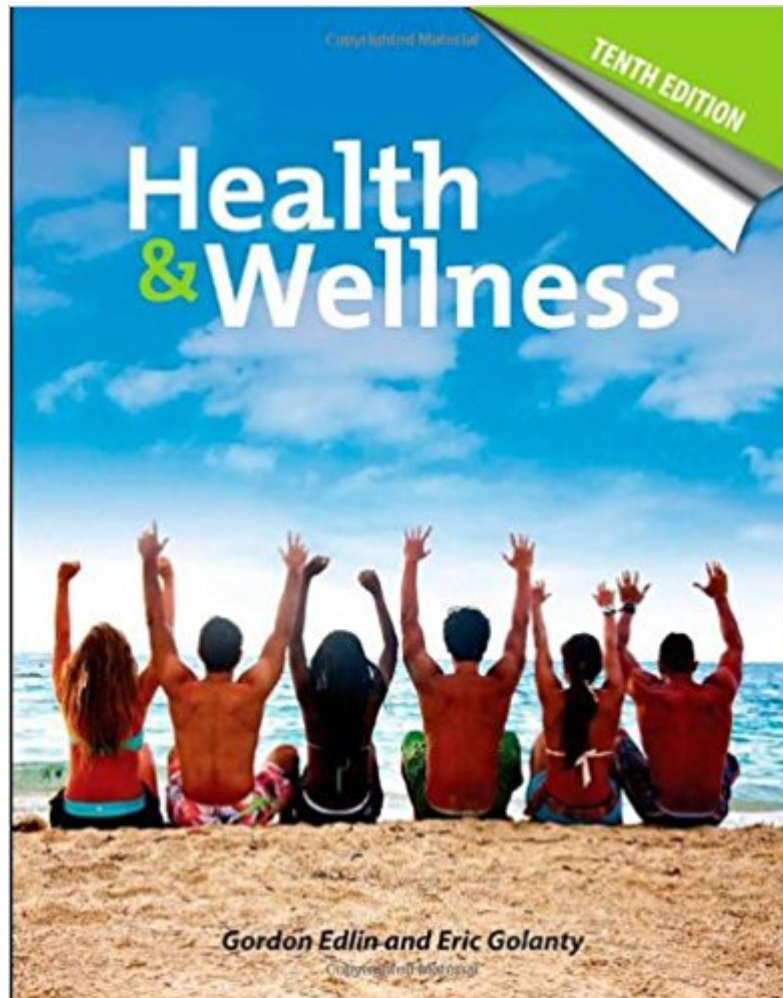




The book was found

Health And Wellness



Synopsis

The 10th edition of Health & Wellness provides a holistic view of what it really means to be healthy today. The text draws a parallel between the behaviors, social and physical environment as well as the positive mind and body attitude necessary to achieve a healthy, happy lifestyle. Several features have been developed to help students learn and understand the concepts of health and wellness in the text such as Learning Objectives, Self-assessments, key terms, epigrams and health tips. Chapters conclude with Critical Thinking about Health and encourage students to answer questions and explore their own opinions on health topics. End of chapter material includes Health in review â€” brief review of the chapter, Health and Wellness online a glimpse at the resources available on the web, References, Suggested readings, and recommended websites. New to the Tenth Edition:

- ? Study data about the effect of prayer on healing and managing stress with music
- ? Expanded coverage of Vitamin D deficiency and food additives
- ? Coverage of the sedentary lifestyle of most Americans and what constitutes physical activity
- ? Discussions on bacteria and health as well as coverage of new vaccines for HPV, herpes zoster and hepatitis E
- ? New information on the swine flu pandemic of 2009

Resources: Workbook for self-assessments and activities to explore health
Frequently updated Health statistics website

Book Information

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Customer Reviews

On one hand I think this book is great because it's philosophy is based on holistic health - the total approach for health, which is fabulous. There is a subtle (and sometimes blatant) underlying theme of balancing the mind and body. Additionally there is an underlying theme of self-care, which

generates interest because the Western approach to medicine usually strictly focuses on the body only and correcting health with strictly medicine. On the other hand, I found this book to be extremely dry at times. Sometimes I lost focus and had to keep re-reading certain passages. Some textbooks I can read from cover to cover and keep an interest. Sadly, this was not one of those books. Generally, I find healthcare to be a fascinating topic, but there are some dry aspects to healthcare, so I didn't want to ding the book based on that. If I could, I would give the book 3.5 stars, not quite a 3, but not quite a 4 either.

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 options 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 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. There is also the disturbing insinuation that it is every person's responsibility to make healthy choices for the entire community via political means. If every chapter follows this model I hold very little hope for this book. I would recommend "Essentials of Managing Stress" by Brian Seaward long before even mentioning this book. Seaward's book addresses healthy living in a well-researched way with reference to various schools of thought and a lot of information on how your body processes stresses and how healthy choices in all areas of life can be made no matter what one's circumstances may be.

GREAT

great book!

It was a good book in decent condition. However it was pretty overpriced for the current market of this book. I wished i would've shopped around a little more. It came on time and was fine.

I had to purchase this book for my health science intro class. The book itself didn't help much I got a good in grade in the class by just listening to the professors lectures.

Even though I had to get this book for class, it was a great book and I learned a lot about healthy living.

Great condition and great price

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