

[PDF] Access To Health (13th Edition)

Rebecca J. Donatelle - pdf download free book



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Description:

The Thirteenth Edition of *Access to Health* makes personal health engaging for students to learn and easier for instructors to teach by focusing on the most important real-world issues and topics, highlighting a focus on technology and money.

Long known for its currency, research, and strength in behavior change, *Access to Health* provides key information through a consistent framework for motivating you to make healthy life choices. As a teacher, mentor, and researcher, Rebecca J. Donatelle knows the issues that are important to today's students. Through her friendly writing style she addresses your concerns and teaches them

to be savvy and critical consumers of health information.

The Thirteenth Edition adds new features highlighting health topics centering around money and technology issues. Additionally, the book references one Video Tutor per chapter with QR codes. You simply scan the code with a reader on their phone and quickly and easily view a short video that makes a tricky concept easy to understand. As always, the book's attractive design, imaginative art, unique mini-chapters, and robust media make learning personal health more accessible. **Access to Health** provides hands-on practical tools that help you effect healthy changes in your life.

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