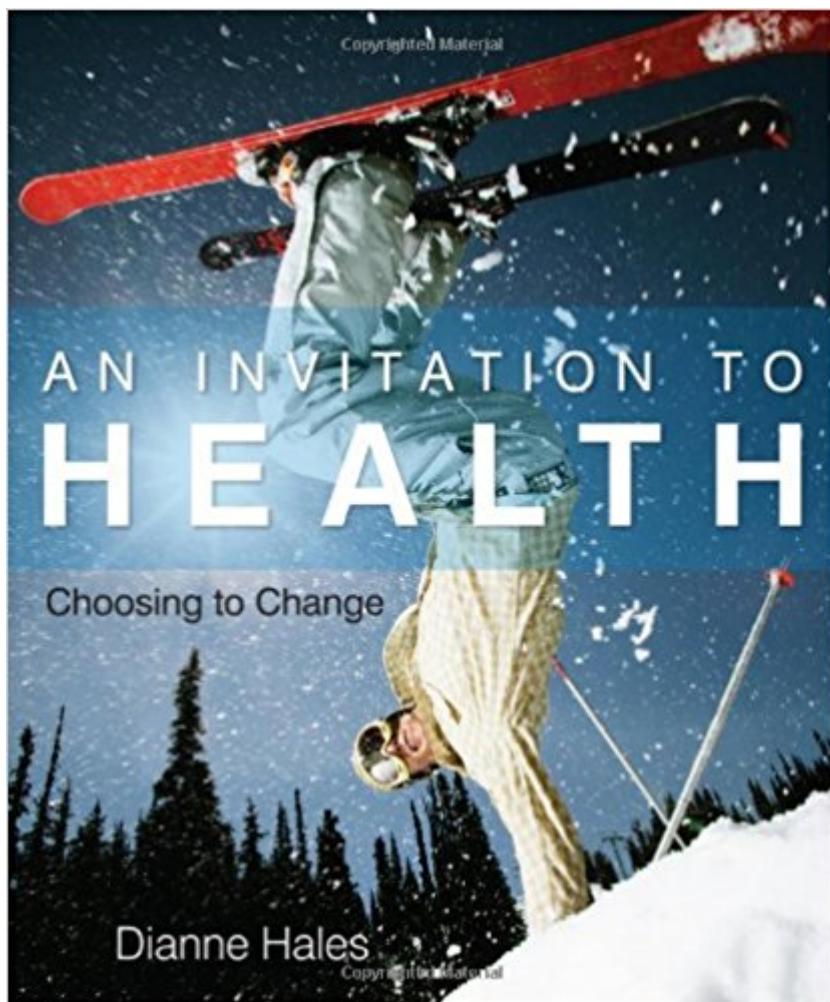


The book was found

An Invitation To Health: Choosing To Change (Available Titles CengageNOW)



Synopsis

Current, comprehensive, and personal, Dianne Hales's **AN INVITATION TO HEALTH CHOOSING TO CHANGE** integrates a comprehensive presentation of health concepts with a wealth of practical ways to apply them to your life--body, mind, and spirit. With the complete textbook program, you have an outstanding set of tools to help you understand the positive benefits of good health behaviors and master the steps that empower you to accomplish that change in your own life. Each chapter includes content and applications such as "Learn It/Live It," "Goal Setting," "Your Strategies for Change," "Your Strategies for Prevention," and "Your Life Change Coach" sections, all of which help you on your way to setting and attaining your goals for a healthier lifestyle. Because personal choice is an important component of changing for lifelong healthy living, the text also includes "Reality Check" and "Point/CounterPoint," two new features designed to sharpen your critical thinking and analytical skills--the keys to making informed choices for positive change. Along the way, **AN INVITATION TO HEALTH, 2009-2010 Edition**, provides relevant examples, colorful photos, figures, and new research and statistics, as well as "Student Snapshots," art, tables, and references that reflect the most current thinking on every topic. Through CengageNOW, the text also includes a wealth of powerful learning tools to help you maximize your study efforts.

Book Information

Series: Available Titles CengageNOW

Paperback: 704 pages

Publisher: Brooks Cole; 14 edition (January 1, 2010)

Language: English

ISBN-10: 0538736550

ISBN-13: 978-0538736558

Product Dimensions: 10.8 x 8.9 x 1 inches

Shipping Weight: 3.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 17 customer reviews

Best Sellers Rank: #346,794 in Books (See Top 100 in Books) #87 in Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition #125 in Books > Medical Books > Nursing > Medical Nutrition #2475 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Dianne Hales is one of the most widely published and honored health writers in the country. Her bestselling textbooks include **AN INVITATION TO HEALTH**, **AN INVITATION TO WELLNESS**, and

AN INVITATION TO PERSONAL CHANGE. Her trade books include the award-winning compendium of mental health information CARING FOR THE MIND: THE COMPREHENSIVE GUIDE TO MENTAL HEALTH; THINK THIN, BE THIN (with Doris Helmering); JUST LIKE A WOMAN: HOW GENDER SCIENCE IS REDEFINING WHAT MAKES US FEMALE; THE MIND-MOOD PILL BOOK; INTENSIVE CARING: NEW HOPE FOR HIGH RISK PREGNANCY (with Dr. Timothy Johnson); HOW TO SLEEP LIKE A BABY; THE U.S. ARMY TOTAL FITNESS PROGRAM; NEW HOPE FOR PROBLEM PREGNANCIES; and THE COMPLETE BOOK OF SLEEP. The president of Italy named Hales a "cavaliere dell'Ordine della Stella della Solidarieta Italiana" (Knight of the Order of the Star of Italian Solidarity) in recognition of her best-selling book LA BELLA LINGUA as an "invaluable tool for promoting the Italian language." Her other writing awards include prizes from the American Psychiatric Association, American Psychological Association, the National Women's Political Caucus, California Psychiatric Society, CHADD (Children and Adults with Attention Deficit/Hyperactivity Disorder), Council for the Advancement of Scientific Education, and the New York City Public Library. Her latest general audience book is biography MONA LISA: A LIFE DISCOVERED.

item arrived as promised shipped fast and good condition

Well written.

gave as a gift

Needed this for a health class in college. New edition \$200, this one was \$8 used and the same material as the newest version.

Exactly what I needed and a great low price!

school

It was not the right edition. Wrong ISBN .i searched the ISBN I needed and this came up not sure why.

I had this for a personal wellness class. The author does a good job of making information so the

reader can understand it, however organization is in question at times.

[Download to continue reading...](#)

An Invitation to Health: Choosing to Change (Available Titles CengageNOW) Oceanography: An Invitation to Marine Science (with CengageNOW Printed Access Card) (Available Titles CengageNOW) Algebra and Trigonometry with Analytic Geometry (with CengageNOW Printed Access Card) (Available Titles CengageNOW) Chemistry: The Molecular Science (with CengageNOW 2-Semester Printed Access Card) (Available Titles CengageNOW) Voices of Wisdom: A Multicultural Philosophy Reader (Available Titles CengageNOW) Intermediate Accounting (Available Titles CengageNOW) Money, Banking and Financial Markets (Available Titles Cengagenow) Essentials of Statistics for Business and Economics (with CD-ROM) (Available Titles CengageNOW) Introduction to Business Statistics (with Premium Website Printed Access Card) (Available Titles CengageNOW) Development: Infancy Through Adolescence (Available Titles CengageNOW) Experimental Psychology (Available Titles CengageNOW) Television Production Handbook (Available Titles CengageNOW) Business Law Today, Standard Edition (Available Titles CengageNOW) The Legal Environment Today: Business In Its Ethical, Regulatory, E-Commerce, and Global Setting (Available Titles CengageNOW) Technical Calculus with Analytic Geometry (Available Titles CengageNOW) A Mathematical View of Our World (with CD-ROM and iLrnTM Student, and Personal Tutor Printed Access Card) (Available Titles CengageNOW) Numerical Analysis (Available Titles CengageNOW) Introduction to Microbiology: A Case-History Study Approach (with CD-ROM and InfoTrac) (Available Titles CengageNOW) Elementary and Intermediate Algebra (Available Titles CengageNOW) Essentials of College Physics (with CengageNOW 2-Semester and Personal Tutor Printed Access Card) (Available 2010 Titles Enhanced Web Assign)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)