

Health Masteringhealth Rebecca J Donatelle

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For personal health courses. Changing Behavior Today for a Better Tomorrow Access to Health combines research and the most up-to-date information to encourage healthy life choices. As a teacher, mentor, and researcher, author Rebecca J. Donatelle uses her friendly writing style to address readers' concerns and motivate them to be savvy, critical consumers of health information. The 15th Edition provides readers with new Which Path Would You Take activities that explore various health choices through an engaging, interactive, low-stakes, and anonymous experience, a new full chapter on sleep, and a new Making Change Today feature. All enhancements help readers to make health choices for a better tomorrow. Note: You are purchasing a standalone product; MyLab(tm)& Mastering(tm) does not come packaged with this content. Students, if interested in purchasing this title with MyLab & Mastering, ask your instructor for the correct package ISBN and Course ID. Instructors, contact your Pearson representative for more information. If you would like to purchase both the physical text and MyLab & Mastering, search for: 0134553071 / 9780134553078 Access to Health Plus MasteringHealth with eText -- Access Card Package, 15/e Package consists of: 0134516257 / 9780134516257 Access To Health 0134551931 / 9780134551937 MasteringHealth with Pearson eText -- ValuePack Access Card -- for Access to Health MasteringHealth should only be purchased when required by an instructor. NOTE: Before purchasing, check with your instructor to ensure you select the correct ISBN. Several versions of MyLab(tm) & Mastering(tm) products exist for each title, and registrations are not transferable. To register for and use MyLab & Mastering products, you may also need a Course ID, which your instructor will provide. Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies other than Pearson, the access codes for MyLab & Mastering products may not be included, may be incorrect, or may be previously redeemed. Check with the seller before completing your purchase. For personal health courses. This package includes Mastering Health . Changing Behavior Today for a Better Tomorrow Access to

Health combines research and the most up-to-date information to encourage healthy life choices. As a teacher, mentor, and researcher, author Rebecca J. Donatelle uses her friendly writing style to address readers' concerns and motivate them to be savvy, critical consumers of health information. The 15th Edition provides readers with new Which Path Would You Take activities that explore various health choices through an engaging, interactive, low-stakes, and anonymous experience, a new full chapter on sleep, and a new Making Change Today feature. All enhancements help readers to make health choices for a better tomorrow. Personalize learning with Mastering Health Mastering Health is an online homework, tutorial, and assessment program designed to work with this text to engage students and improve results. Interactive, self-paced tutorials provide individualized coaching to help students stay on track. With a wide range of activities available, students can actively learn, understand, and retain even the most difficult concepts. 0134553071 / 9780134553078 Access to Health Plus Mastering Health with eText -- Access Card Package, 15/e Package consists of: 0134516257 / 9780134516257 Access To Health 0134551931 / 9780134551937 Mastering Health with Pearson eText -- ValuePack Access Card -- for Access to Health

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. Note: If you are purchasing the standalone text or electronic version, MasteringHealth does not come automatically packaged with the text. To purchase MasteringHealth please visit www.masteringhealthandnutrition.com or you can purchase a package of the physical text + MasteringHealth by searching for 0321982746 / 9780321982742. MasteringHealth is not a self-paced technology and should only be purchased when required by an instructor.

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