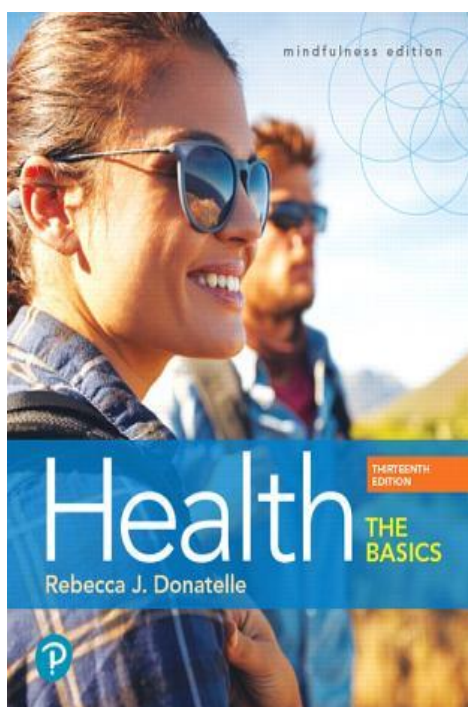


# Lire des livres electroniques Health: The Basics

By Rebecca J. Donatelle



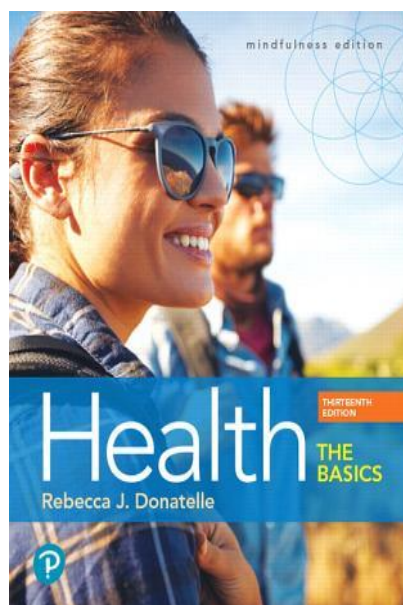
## Books Details

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## Books Descriptions

For courses in personal health. A mindful approach to personal health Health: The Basics aligns well-researched health information with current real-world topics that have the greatest impact on students' lives to keep them hooked on learning and living well. The 13th Edition integrates mindfulness research, tools, and practices throughout, enabling students to incorporate mindfulness practices to help cut through the static of everyday life, to be more focused and present, and to improve academic performance. Along with new content on sleep and health, as well as diversity and health equity, Health: The Basics builds on its strengths of using the most current, scientifically valid research, examining important issues and controversies about health today, and motivating students to become "actively engaged in health" at all levels. Also available with Mastering Health or as an easy-to-use, standalone Pearson eText Mastering(TM) is the teaching and learning platform that

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