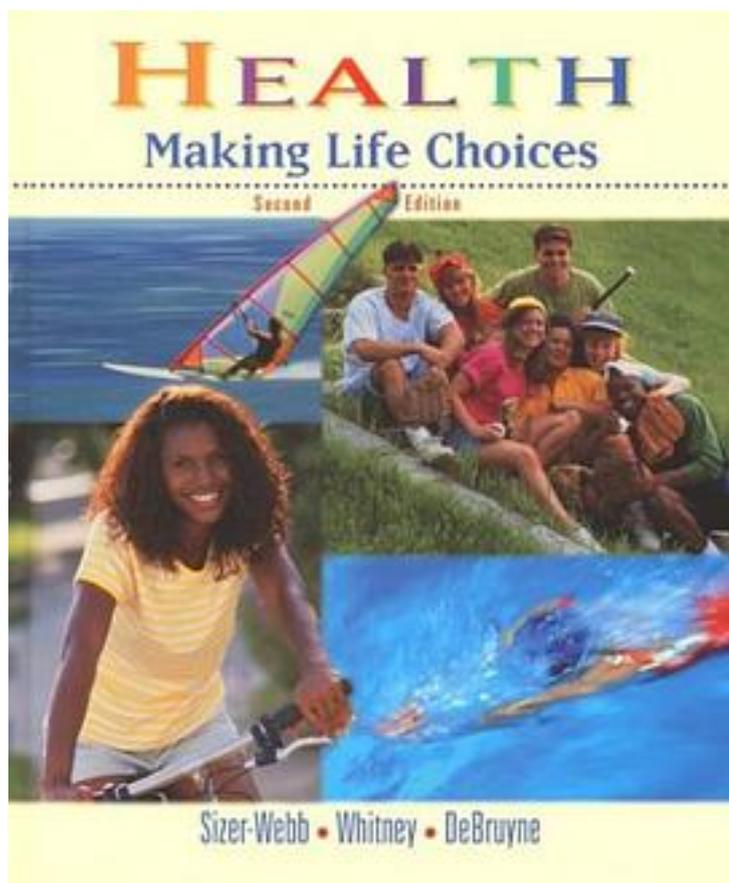


# Health



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著者:Rebecca J. Donatelle

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The Sixth Edition of Donatelle's text provides readers with the tools they need to make healthy, lifelong behavior changes, along with updated and timely coverage of health issues. Written by a health educator who knows where readers' interests lie, the new edition aims to address the health topics of primary concern to today's readers in its coverage. Promoting Healthy Behavior Change, Psychosocial Health, Managing Stress,

Violence and Abuse, Healthy Relationships and Sexuality, Birth Control, Pregnancy, and Childbirth, Licit and Illicit Drugs, Alcohol, Tobacco, and Caffeine, Nutrition, Managing Your Weight, Personal Fitness, Cardiovascular Disease, Cancer, Infectious and Noninfectious Conditions, Life's Transitions, Environmental Health, Consumerism, Complementary and Alternative Medicine. For college instructors and students, or anyone interested in issues relating to personal health.

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