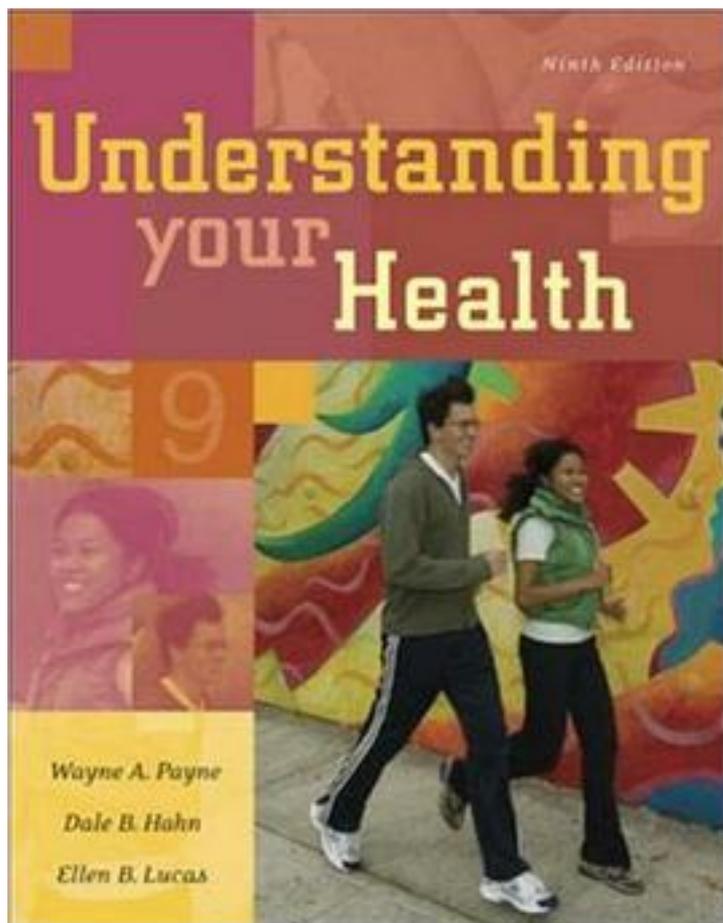


Understanding Your Health



[Understanding Your Health 下载链接1](#)

著者:Payne, Wayne A./ Hahn, Dale B./ Lucas, Ellen B., Ph.D.

出版者:McGraw-Hill College

出版时间:2006-2

装帧:Pap

isbn:9780073252056

This text offers an exciting and practical approach to the teaching of the traditional content areas of personal health. Its two key themes - the six dimensions of health and the five developmental tasks - help students apply the text's content to their own lives

by improving their decision-making skills. The new PowerWeb: Personal Health, linked by chapter in the online learning center (and available free with every new copy of the text) provides students with the latest information in the constantly changing field of health.

作者介绍:

目录:

[Understanding Your Health_下载链接1](#)

标签

评论

[Understanding Your Health_下载链接1](#)

书评

[Understanding Your Health_下载链接1](#)