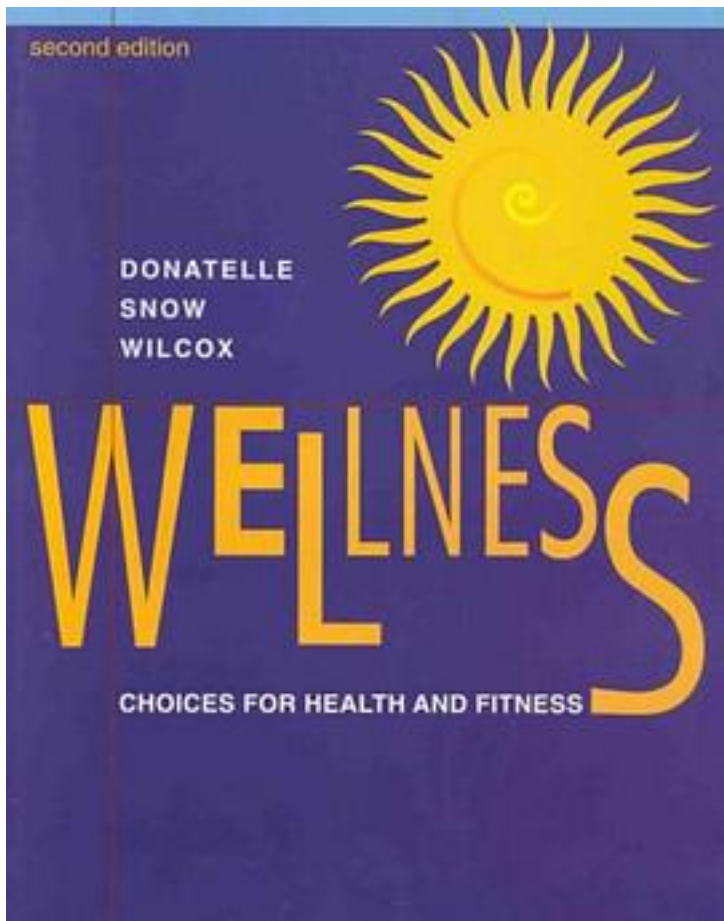


Wellness



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出版者:Thomson Learning

出版时间:2006-8

装帧:Pap

isbn:9780495111122

WELLNESS: GUIDELINES FOR A HEALTHY LIFESTYLE, Fourth Edition is geared toward courses that emphasize the dimensions of wellness, including the impact of psychological, emotional, and physical health, as well as environmental influences that affect behavior. The authors provide unparalleled coverage of the mind-body

connection, the relationship between fitness and wellness, and the importance of taking personal responsibility for one's health. Additionally, the text provides 39 assessments that help students put chapter concepts to immediate, practical use. Plus, new with this fourth edition, students have access to HealthNow, an online learning tool that includes pre- and post- test review questions and a series of interactive, self-paced activities. From theory to application, after students read this text, they will be equipped to understand the overall importance of wellness and make lifelong healthy life choices.

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