

# Women's Health



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For undergraduate and graduate courses in Women's Health appropriate for nursing and non-health majors. User-friendly and self explanatory, this text provides students with essential information about women's health: how to promote it, the societal factors that so greatly influence it, and how to choose wisely among the wide-range of health care modalities available. Its versatile yet comprehensive coverage addresses the physical, mental and spiritual aspects of health, and offers concrete guidelines for promoting wellness and recognizing both wellness and illness.

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