

Your Health Today



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This exciting new text presents personal health in the context of a changing social and cultural environment. Going beyond behavior change and individual responsibility, it offers a broadened view of health that includes the impact of family, community, and society. It's a new way of looking at health: Personal health is not only the choices we make. "Choice" is another key theme in "Your Health Today." Emphasizing the importance of making informed health choices, this text demonstrates how these choices affect an individual's health--for today and for a lifetime.

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