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assess and change your own health behaviors and get results. The Seventh Edition includes increased emphasis on ways to motivate to make healthy changes, as well as emerging information on both men ' s and women ' s health. More than a text, AN INVITATION TO HEALTH: CHOOSING TO CHANGE, Brief

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a resource for lifelong learning and skills.

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Change. We hope you will embrace
health and wellness so that you have the
opportunity to live a fulfilling life and
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This textbook integrates a presentation of
health concepts with practical ways to

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apply them to your life -- body, mind, and spirit. The author provides a set of tools that help to understand the positive benefits of good health behaviors and master the steps that empower readers to change their lives. Each chapter includes content that helps to attain goals for a healthier lifestyle. Because personal choice

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references that reflect the most current thinking on every topic.

This powerful workbook includes a brief discussion of the current theories behind making positive lifestyle changes, along with exercises to help students make those changes in their everyday lives.

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