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I bought a used 4th edition of this textbook for my college health class for \$10 off amazon and it is almost EXACTLY the same. The only 2 differences are that the page numbers are sometimes 1 page different and there is older data on charts which is of minimal importance in my health class. The information is exactly the same.

**Your Health Today: Choices in a Changing Society - Kindle**

Your health today : choices in a changing society. 8. Your health today : choices in a changing society. by Michael Teague Print book: English. 2016 [Place of publication not identified] : McGraw-Hill Education 9. Your health today : choices in a changing society ... Fourth edition : New York, NY : McGraw-Hill Higher Education

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Michael Teague is the author of 'Your Health Today: Choices in a Changing Society', published 2012 under ISBN 9780078028472 and ISBN 0078028477. [ read more ] Marketplace prices

**Your Health Today: Choices in a Changing Society 4th**

Your Health Today: Choices in a Changing Society, 7th Edition by Michael Teague and Sara Mackenzie and David Rosenthal (9781259912450) Preview the textbook, purchase or get a FREE instructor-only desk copy.

**Your Health Today: Choices in a Changing Society**

Your Health Today - 4th edition. Shop Us With Confidence. Summary. It's not just Personal! Your Health Today teaches personal health from a truly inclusive and socially responsible perspective. While each of us has a unique set of individual characteristics that shape our health, other environmental factors have an impact on our well being too ...

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**Your Health Today (Looseleaf) 7th edition (9781260486226)**

Your Health Today: Choices in a Changing Society 7th Edition by Michael Teague and Publisher McGraw-Hill Higher Education. Save up to 80% by choosing the eTextbook option for ISBN: 9781260134605, 1260134601.

**Your Health Today: Choices in a Changing Society 7th**

The Department of Defense will conduct a flyover of New York City on July 4 to (re)recognize the role of the city in the birth of this great nation,▯ the Pentagon said Thursday.

For your classes in Personal Health, McGraw-Hill introduces the latest in its acclaimed M Series. The M Series started with your students. McGraw-Hill conducted extensive market research with over 4,000 students to gain insight into their studying and buying behavior. Students told us they wanted more portable texts with innovative visual appeal and content that is designed according to the way they learn. We also surveyed instructors, and they told us they wanted a way to engage their students without compromising on high quality content. This exciting 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: "It's not just personal..." More current, more portable, more captivating, plus a rigorous and innovative research foundation adds up to: more learning. When you meet students where they are, you can take them where you want them to be.

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Resources for teaching and learning are posted at tinyurl.com/Glanz4e and www.med.upenn.edu/hbbe4. This fourth edition of the classic book, Health Behavior and Health Education: Theory, Research, and Practice provides a comprehensive, highly accessible, and in-depth analysis of health behavior theories that are most relevant to health education. This essential resource includes the most current information on theory, research, and practice at individual, interpersonal, and community and group levels. This edition includes substantial new content on current and emerging theories of health communication, e-health, culturally diverse communities, health promotion, the impact of stress, the importance of networks and community, social marketing, and evaluation.

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Nutrition: Science and Applications, 4th Edition helps students develop the scientific understanding to support their personal and professional decisions. Using a critical thinking approach, Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns ▯ both as consumers and as future scientists and health professionals.

More than a sports nutrition book, Power Eating is a scientific blueprint for helping strength and power athletes achieve superior performance. All chapters and meal plans in this updated edition reflect the latest research to enable competitive and novice athletes to gain power, reduce body fat, build muscle, tighten mental focus, and enhance training.